

HOPPIN' TOTS

Hoppin' Tots Preschool Gymnastics

AGES 2 - 6 YEARS

EnVision's Hoppin' Tots movement program is an innovative curriculum-based program which features a variety of classes perfectly suited for our youngest students! Children are carefully grouped by age and developmental levels. We also offer a weekly Play Group Open Gym for those families who cannot commit to weekly classes.

FLIP-TASTIC GIRLS

FLIP-TASTICS GYMNASTICS PROGRAM

AGES 5 AND UP

EnVision's Flip-Tastics program uses progressive, time-proven methods of teaching gymnastics following safety guidelines set by U.S.A. Gymnastics. Children develop their gymnastics skills at their own pace and are grouped according to age and skill level. All the Artistic Gymnastics events are taught in addition to conditioning and trampoline. We also offer a weekly Open Gym for those who wish to have less structured practice time.

GYM NINJA

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AGES 5 TO 12

Using obstacle courses, gym equipment and specialized Ninja equipment, this program works on agility, coordination, strength, and endurance. Perfect addition to gym class or to help keep in shape for sports. Our Gym Ninjas leave sweaty!

TUMBLE

TUMBLE

AGES 6 AND UP

Cheerleading, competitive dance, and competitive acro tumbling programs have evolved and become more physically demanding. Our Tumbling classes will help athletes to increase tumbling skills, strength and flexibility while gaining the skills necessary to be competitive for tryouts and competitions. We also offer weekly Open Gym for those who wish to have less structured practice time.

MORE INFORMATION

609-261-1140
envisiongym@comcast.net
www.envisiongymnastics.net



HOW TO REGISTER

- *Classes are on-going so students can register at any point in the year.
- *Please have 2 choices of classes so we have options for class placements.
- *There must be 3 children registered in a class in order to run the class.
- *Preregister with the Front Desk to be sure about class availability! You can call or email to preregister.
- *New students can try their first class for free -- the Front Desk will help schedule your trial!!



Class Schedules for **Flip-Tastics**, **Hoppin' Tots**,
Gym Ninja, **Tumble**, Home School
09/03/2025 THROUGH 6/20/2026



Class Level	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
GIRLS	FLIP-TASTICS	LEVELS	BELOW			
Flippy Frogs Age 5-6 1 Hour	4:00 - 5:00 PM 7:00 - 8:00 PM	4:30 - 5:30 PM	4:00 - 5:00 PM	5:30 - 6:30 PM	4:00 - 5:00 PM	10:30 AM - 11:30 AM
Beginner 6 to 8 1 Hour	5:00 - 6:00 PM 7:00 - 8:00 PM	4:30 - 5:30 PM 6:30 - 7:30 PM 7:15 - 8:15 PM	4:00 - 5:00 PM 5:30 - 6:30 PM 6:30 - 7:30 PM	4:30 - 5:30 PM 7:30 - 8:30 PM	4:00 - 5:00 PM	9:30 - 10:30 AM
Beginner 9 and up 1 hour		6:00 - 7:00 PM	7:30 - 8:30 PM	5:30 - 6:30 PM 7:30 - 8:30 PM	4:00 - 5:00 PM	9:30 - 10:30 AM
Intermediate 1 Hour	6:00 - 7:00 PM	5:00 - 6:00 PM	5:00 - 6:00 PM 6:00 - 7:00 PM	6:30 - 7:30 PM		9:30 AM - 10:30 PM
Advanced Intermediate 1-1/4 Hours			7:00 - 8:15 PM			
Advanced /Elite 1-1/2 Hours		7:00 - 8:30 PM				
OPEN GYM (6+ YRS)	Open for Girls, Ninja and Tumble				7:00 - 8:30 PM	
Home School		12:00 - 1:00 PM				
Playgroup 1-6		11:00 - 12:00 PM				
Gym Ninja Ages 5-11 1 Hour	5:00 - 6:00 PM			4:30 - 5:30 PM		
HOPPIN	TOTS	LEVELS	BELOW			
LITTLE TADS- Age 2-3 45 Minutes		6:15 - 7:00 PM				
TADPOLES Age 3-4 45 Minutes	5:00 - 5:45 PM	10:00 - 10:45 AM 5:30 - 6:15 PM	5:15 - 6:00 PM	6:30 - 7:15 PM		10:30 - 11:15 AM
POLLIWOGS Age 4-5 1 Hour	6:00 - 7:00 PM	10:00 - 11:00 AM 5:30 - 6:30 PM	6:00 - 7:00 PM	5:30 - 6:30 PM 6:30 - 7:30 PM		11:30 - 12:30 PM
LEAP FROGS Age 5-6 1 Hour	6:00 - 7:00 PM	5:30 - 6:30 PM		6:30 - 7:30 PM		11:30 - 12:30PM
TUMBLE	(Other times for	acro, tumbling, and	cheer tumbling by	invitation only -	please call to	schedule a tryout!)
LEVELS 1 -3 1 Hour	7:15 - 8:15 PM Ages 12 and up			TBD Ages 6-11		