



TERM CLASS INFO



CLASS DESCRIPTIONS

RECREATIONAL TUMBLING

AVAILABLE FOR REGISTRATION NOW!

Our tumbling classes are perfect for children looking to improve their skills, no matter their skill level. From beginners to advanced, we have everything needed to ensure your child excels in a fun environment.

Our expert coaches create a range of drills and activities within each class, meaning each child's abilities are challenged and pushed at their own pace, to achieve their goals.

Our facility is well equipped and safe, guaranteeing your child the best possible experience of learning tumbling skills.

STANDARD PARKOUR

AVAILABLE FOR REGISTRATION NOW!

We are dedicated to facilitating the growth and development of children through Parkour.

Our facility provides a safe and fun environment for children of all skill levels to learn and master the fundamentals of the sport.

Our goal is to encourage children to develop their physical fitness, coordination, and mental focus, all while having loads of fun! Whether it is improving technique or learning new skills, we provide a lively and supportive community to help your child succeed. Come and join us for a class today!

STANDARD TRAMPOLINE

COMING SOON!

We offer trampolining classes for all ages and skill levels.

Our classes are designed to help you develop and perfect your skills, whether you're a beginner or an advanced trampolinist.

Our friendly and experienced instructors are dedicated to helping you progress and achieve your goals in a safe and supportive environment.

Join us today and take your trampolining skills to new heights!

EXTENSION TUMBLING

COMING SOON!

We specialise in helping participants take their tumbling and acrobatics skills to the next level.

Our 1.5-hour class is perfect for those looking to master advanced tumbling techniques like flips, walkovers, roundoffs, aerials, tumbling connections, and more. Alongside basic tumbling training, our expert instructors provide focused guidance and conditioning exercises to help participants develop the strength and expertise needed to elevate their skills.

ADVANCED PARKOUR

COMING SOON!

Our Advanced class is specifically designed for parkour enthusiasts who want to further expand their skillset.

Our expert instructors are highly experienced and trained in all the latest parkour techniques, and they are passionate about helping you reach your goals.

With a focus on physical strength, agility, balance, and coordination, our Advanced class provides the perfect opportunity to push your limits and achieve your parkour dreams.

EXTENSION TRAMPOLINE

COMING SOON!

Our Extension Trampoline class is one of our most popular programs, where kids are taught intermediate to advanced skills on the trampoline as well as how to use the trampoline safely.

With our experienced coaches, kids can safely learn how to use the gear and take on challenges they never thought they could do before. Come along and experience the fun today!

TEEN TUMBLING

COMING SOON!

This is a great class for teenagers to come and learn and have fun. Our class is designed specifically for teenagers who want to improve their skills and have a good time while doing it. We cater to all levels of ability, from beginners to those who have already mastered some of the basic skills. Our experienced instructors will provide a safe and supportive environment where each student can learn at their own pace. Come hang out and learn some new skills with us today!

TEEN PARKOUR

COMING SOON!

At Flips & Tumbles Wellington, we are dedicated to providing a fun, active environment for teens to learn and grow their skills in parkour. This class is designed to teach teenagers specific movements to move over obstacles and objects as quickly as possible! Our experienced and knowledgeable instructors will guide them through the basics of parkour while incorporating flip work and other moves that are often used in the sport. All levels of skill are welcome, our instructors will provide guidance and support to suit each participant's individual needs.

SOFT PARKOUR

COMING SOON!

Soft Parkour is a perfect introductory term class for children aged 3-5.5 years old who love to run, climb and jump! Designed to provide a nurturing and safe environment for your little one to learn and explore their abilities. With a strong foundation in the fundamentals of tumbling and parkour, this will set them up for success as they progress in their movement journey. With the use of our soft boxes and equipment, your little one will train like a ninja in a fun and safe environment.



CLASS TIMETABLE

	4:00 PM – 5:00 PM (Recommended for ages 4.5 – 8.5 years)	5:00PM – 6:00PM (Recommended for ages 8.5 – 12.5 years)	6:00PM – 7:00PM (Recommended for ages 8.5 – 12.5 years)
MON	RECREATIONAL TUMBLING STANDARD PARKOUR	RECREATIONAL TUMBLING STANDARD PARKOUR	STANDARD PARKOUR
TUES	RECREATIONAL TUMBLING STANDARD PARKOUR	RECREATIONAL TUMBLING STANDARD PARKOUR	STANDARD PARKOUR
WED	RECREATIONAL TUMBLING STANDARD PARKOUR	RECREATIONAL TUMBLING STANDARD PARKOUR	STANDARD PARKOUR
THURS	RECREATIONAL TUMBLING STANDARD PARKOUR	RECREATIONAL TUMBLING STANDARD PARKOUR	STANDARD PARKOUR
FRI	RECREATIONAL TUMBLING STANDARD PARKOUR	RECREATIONAL TUMBLING STANDARD PARKOUR	STANDARD PARKOUR



CLASS TIMETABLE

	RECREATIONAL TUMBLING	STANDARD PARKOUR
MONDAY	<p>4:00 PM - 5:00PM Recommended for ages 4.5 - 8.5 years</p> <p>5:00PM - 6:00PM Recommended for ages 8.5 - 12.5 years</p>	<p>4:00 PM - 5:00PM Recommended for ages 4.5 - 8.5 years</p> <p>5:00PM - 6:00PM Recommended for ages 8.5 - 12.5 years</p> <p>6:00PM - 7:00PM Recommended for ages 8.5 - 14.5 years</p>
TUESDAY	<p>4:00 PM - 5:00PM Recommended for ages 4.5 - 8.5 years</p> <p>5:00PM - 6:00PM Recommended for ages 8.5 - 12.5 years</p>	<p>4:00 PM - 5:00PM Recommended for ages 4.5 - 8.5 years</p> <p>5:00PM - 6:00PM Recommended for ages 8.5 - 12.5 years</p> <p>6:00PM - 7:00PM Recommended for ages 8.5 - 14.5 years</p>
WEDNESDAY	<p>4:00 PM - 5:00PM Recommended for ages 4.5 - 8.5 years</p> <p>5:00PM - 6:00PM Recommended for ages 8.5 - 12.5 years</p>	<p>4:00 PM - 5:00PM Recommended for ages 4.5 - 8.5 years</p> <p>5:00PM - 6:00PM Recommended for ages 8.5 - 12.5 years</p> <p>6:00PM - 7:00PM Recommended for ages 8.5 - 14.5 years</p>
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