

PRST STD
U.S. POSTAGE
PAID
PERMIT #119
DEEP RIVER, CT

**Flip-Flop
Gymnastics, LLC**

Phone (860) 526-4132

P.O. BOX 1091
455 Main St.
Deep River, CT 06417



Fitness & Fun

P.O. Box 1091
455 Main St.
Deep River, CT 06417
Phone: (860) 526-4132
www.flipflogym.com

**Flip-Flop Fun for
Everyone**

Our mission is to provide a developmental gymnastics program that benefits children of all ages and needs. Our staff is knowledgeable, professional and presents a fun, educational and healthy gymnastics experience. Children will enhance their motor and cognitive skills, balance, sportsmanship, strength, flexibility and physical fitness, while learning the fundamentals of gymnastics. We will teach the sport in a progressive, safe, and fun manner. Flip-Flop Gymnastics will develop confident, healthy, motivated children.



**Our
Philosophy**

Flip-Flop Philosophy is SAFETY FIRST! Flip-Flop Gymnastics provides a professional staff, all of whom are USA Gymnastics Professional or Junior Professional Members, CPR, First Aid, and Safety Certified. All staff members are required to attend numerous Regional and National Congresses, Clinics, and USAG Routine Workshops. Our goal as a staff team is to learn as much possible about the sport and teach it to the best of our ability. Our knowledgeable staff teaches gymnastics safely and in a progressive manner to instill confidence in the children. Our main goal is to have fun and teach gymnastics well. JOIN THE FUN!

**Flip-Flop Gymnastics
is proud to offer:**

- Professional & Certified Staff
- State Licensed Facility #813
- New expansion with top of the line equipment.
- Spacious Waiting / Viewing Room
- Beautiful, Brand New in ground Trampoline Foam Pit
- 30 Foot Tumble Track
- Olympic & child size equipment
- Separate Birthday Party Room
- Multi Program Facility
- Lessons for ages 12 months-Adult
- Fully Air conditioned
- USA Gymnastics Member Club
- Conveniently located off Rt. 9, Exit 4



**Flip-Flop Specialty Programs
for Girls & Boys**

LIC # 813

Class Sessions

Session I: September 13-January 22

Session II: January 31-June 6

*Cost of classes is per session.

**Playschool, Pre-School &
Kindergarten**

*Kindergarten readiness skills are incorporated in all of the following classes:

Pollywogs & Tadpoles:

1-3 Yr. olds with caregiver \$230.00

*Program intended to develop early social and motor skills, highlighting interaction between caregiver and child, musical activities and overall fitness. 40 min.

Guppies: Age 3

Minnows: Age 4

Flounders: Age 5

Seals (Boys): Age 3/4/5

* **Dolphins:** Developmental by invitation.

45 Minute Classes \$245.00

1 Hour Classes \$275.00

*Children will enhance their motor and cognitive skills, balance and strength while learning the fundamentals of gymnastics. Program benefits children of all abilities and needs.



Holiday Closings

10/11 Columbus Day	11/ 23-27 Thanksgiving
12/ 20-1/2 Holiday	1/24-29 Session Break
2/21-26 Winter Recess	4/18-23 Spring Break
5/28-30 Memorial Day	Last day of class June 6 th

After School Program

Sea Turtles: Age 5-7 \$275.00

Seagulls: Age 8-12 \$275.00

Sharks (Boys): Age 5-7 \$275.00

Gators (Boys): Age 8+ \$275.00

Sailfish: Tumbling \$275.00

Choose 2, 1hr. classes per wk. \$505.00

Seahorses / Intro to Prep Opt:

1.5 hrs. Age 6+ \$340.00

Squid Squad: Age 8+

2 Days per wk 2 hrs. \$560.00

*Every child will be evaluated and placed in a class most beneficial and comfortable to them. This is important for the child's self confidence. Our After School Program is a developmental program designed to enhance sportsmanship, strength, flexibility, and balance while having FUN!

Adult Fit-Nastics!

Fitness for the Fairly Fit! High Intensity Fitness!

Call for class information.

Per Class \$14.00 Per Session \$200.00

Student Recognition

Gymnast of the month: For Students who give 110%.

Skill Bell: Ring for achievement of a new skill.

Treasure Box: Awarded prizes.

Special Events!

FLIP-FLOP FESTIVAL! Sat. May 7th

Parents Night Out & Movie Nights!

Halloween Sleepover! Sat. October 30th

February Vacation - Winter Carnival

April Vacation - Flip-Flop Olympics!

BIRTHDAY PARTIES!

Open Gym! Age 1-5 with caregiver

Member family fee \$8.00

Non member family fee \$14.00

Gym & Learn and After school Programs in June!

SUMMER CAMPS & CLASSES!

Our POPULAR summer theme camps fill up fast!

Plan ahead and sign up EARLY!

Ask About:

Home School classes, Private Lessons, and Private Cheerleading Classes, designed for your needs!

USA Gymnastics Programs

* **Starfish:** Level 1

* **Stingrays:** Level 2/3

* **Competitive Team:** Levels 4-10

*Placement onto the team program is by invitation ONLY. Team is a progressive program that focuses on the sequence of gymnastics skills as well as strength and flexibility, which is vital to a well rounded athlete. For more information, or an evaluation, please call.

*Choreography also available.

* **Prep Opt Program:**

An, exciting program from USA Gymnastics! Recreational Team Program with the goal of competition. For ages 8 and older.

2 Practices per week required.

Please call for more information and prices.

POLICIES

Tuition:

REGISTRATION & PAYMENT IS DUE ON OR BEFORE THE FIRST DAY OF CLASS.

***WHEN REGISTERING FOR A CLASS YOU ARE COMMITTING TO THE ENTIRE SESSION & RESPONSIBLE FOR FULL PAYMENT.**

Tuition is paid by choice of payment plan. See registration.

PAYMENT DUE DATES:

SESSION 1: Second payment due BEFORE Oct 9th.

SESSION 2: Second payment due BEFORE Feb 28th.

*A \$10.00 late fee will apply. No exceptions.

We prefer check or cash. We also accept Debit, MC & VISA.

RETURNED CHECK FEE = \$30.00

REFUNDS:

Our program is NON-REFUNDABLE.

Class Attendance: If for any reason the attendance for a class is only one student, class time will be cut in half and considered a private class. Flip-Flop Gymnastics reserves the right to cancel any class due to low enrollment.

Make up Policy: Missed gymnastics classes are made up by attending open gym times at no cost. **Two make-up classes permitted per session.** Please note that you are not paying for a number of classes, but a spot in the class. Open gym is not an instructional class, but an open activity class with supervision. Children under 5 must be accompanied by a caregiver.

www.flipflogym.com

Flip-Flop Gymnastics Registration & Insurance Form

P.O. BOX 1091 455 MAIN ST. DEEP RIVER, CT 06417 860-526-4132

ALL FEES are DUE UPON REGISTRATION to reserve student's space in the class & are NON-REFUNDABLE

Student's Name _____ Class _____ Day _____ Time _____ Age _____

***WHEN REGISTERING FOR A CLASS YOU ARE COMMITTING TO THE ENTIRE SESSION & RESPONSIBLE FOR FULL PAYMENT.**

Tuition: I. Paid in Full II. Half the class fees plus registration. Second half before due date III. Session 1 & 2 Paid in full before 9/13 and take 5% discount off tuition. (Excludes Reg. fee)

• We prefer check or cash. We also accept Debit, MC & VISA. Monthly payments available upon request. Processing fees will apply.

Tuition: _____ + \$40.00 Annual Family Registration Fee = Total Paid: _____ Balance Due: _____

VISA_MC # _____ EXP _____ SIGN _____

PARENT NAME _____ ADDRESS _____ CELL _____ EMAIL _____

***Parents/Guardian must come into the gym and fill out additional contact information on or before the first day of classes.**

*I understand that tuition is due by choice of payment plan. A late fee applies if payment is not on time. I understand that when registering for a class, I am committing to the entire session and responsible for full payment. I (we) hereby authorize Flip-Flop Gymnastics to charge my Credit Card listed. This authority will remain in effect until all tuition is paid in full.
 *This is a legally binding agreement, which is intended to provide a comprehensive release of liability, but is not intended to assert any claims or defenses, which are prohibited by law. I am aware that in gymnastics, dance, fitness, as in any sport involving height and motion, the possibility of serious injury and/or paralysis or even death is present. By signing this release, I give up the right to bring a court action to recover compensation or obtain any other remedy for any injury to the above mentioned student(s), myself, or my property or for any death however caused arising out of participation in or observation of activities at the facility of Flip-Flop Gymnastics, LLC, now or at any time in the future. I represent and acknowledge that I have read this assumption of risk, release, and waiver of liability and fully understand each and every provision and that I am signing this agreement of my own free will.
 Parent/Guardian (Self, if 18 yrs old or over) _____ Date _____