

JUNE GYMNASTICS DAYS WITH A THEME!

M-F \$180.00 **Choose Day(s)** \$40.00 Day

Pack a healthy snack, NO peanut butter or nuts. Must be potty trained.

WK 1 M-F JUNE 18-22 9:00 -12:00
AGE 3+

Monday - Trampoline!

Have fun on our 30 foot trampoline as well as our mini trampoline!

Tuesday - Indiana Jones Adventure!

An adventure including crossing swamps, jungle walking and dangerous quests!

Wednesday - Ninja Warrior!

Compete by climbing, leaping and crossing through our challenging obstacles!

Thursday - Fairy Land!

Design a fairy or dragon house, participate in gymnastics, and whimsical play.

Friday - Fun at the Carnival!

Popcorn, Games, Tickets and Prizes!

WK 2 M-F JUNE 25-29 9:00 -12:00
AGE 3+

Monday - Super Heroes!

Master the super hero training courses of our favorite cape crusaders.

Tuesday - Tumble!

Come tumble, flip and fly at Flip-Flop!

Wednesday -Ninja Warrior!

Compete by climbing, leaping and crossing through our challenging obstacles!

Thursday -Flip Out!

Learn to flip with us! We will use our foam pit, safety belts, floor stations and trampoline to flip!

Friday - Upside down!

Hang, swing, walk and more, UPSIDE DOWN!

Birthday Parties!

Let us entertain the children AND clean up the mess! Children have a BLAST navigating through our fun obstacle courses! The birthday child receives a T-shirt. Balloons and tootsie pops are given out to all of the children!

Call Today! 860-526-4132

FLIP-FLOP SUMMER FUN!

**Flip-Flop
Gymnastics,
LLC**

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



SUMMER FUN!



Fitness & Fun

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Phone: (860) 526-4132
www.flipflogym.com

Summer Classes

1 make up class allowed in open gym only.

Pollywogs and Tadpoles: Age 1-3 w/ caregiver

Monday 9:20-10:00am \$128

6/18, 6/25, 7/16, 7/23, 7/30, 8/6, 8/13

Saturday 9:00-9:40 6/16, 6/23, 6/30 \$55

Guppies and Minnows: Age 3 - 5

Mondays 10:15-11:00am \$128

6/18, 6/25, 7/16, 7/23, 7/30, 8/6, 8/13

Saturday 9:45-10:30am 6/16, 6/23, 6/30 \$55

Wednesdays 3:00-3:45pm \$128

7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22

Ninja-Warrior! Age 4 - 6 & 7+

Wednesdays 9:00-9:45am \$105

7/18, 7/25, 8/1, 8/8, 8/15

Sea Turtles: Age 5-7

Monday 11:00-12:00pm \$146

6/18, 6/25, 7/16, 7/23, 7/30, 8/6, 8/13

Saturday 10:30-11:30 \$62

6/16, 6/23, 6/30

Wednesday 10-11am (no class 7/11) \$126

or 4-5pm \$146

7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22

Intro to XCEL: Age 7+

June: Wednesday 4:45-6:15pm \$90

6/13, 6/20, 6/27

Saturdays 11:30-1:00pm 6/16, 6/23, 6/30 \$90

July / August: Wednesday 5:00-6:30pm \$210

7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22

Beginner & Bronze Non-Compete Xcel:

Age 7+ 2 hours, 2x Per Week. Combined in June

June: T / Th 3:45-5:45pm June \$180

6/12, 6/14, 6/19, 6/21, 6/26, 6/28

Beginner Xcel: Intermediate July / August

Wed 5:00-7:00pm / Fri 2-4pm July \$180

7/11, 7/13, 7/18, 7/20, 7/25, 7/27

8/1, 8/3, 8/8, 8/15, 8/17, 8/22, 8/24 August \$210

Bronze Non-Compete Xcel: Advanced

July / August T / F 2-4pm

7/10, 7/13, 7/17, 7/20, 7/24, 7/27, 7/31 July \$210

8/3, 8/7, 8/14, 8/17, 8/21, 8/24 August \$180

860-526-4132

www.flipflop gym.com

FLIP-FLOP FUN!

- No peanut butter or nuts allowed in the gym!
- All children MUST be potty trained. Sorry, no exceptions.
- **PAYMENT MUST ACCOMPANY REGISTRATION**
- All summer programs are non-refundable and non-transferable.
- 1 make up class allowed in open gym only.

JULY & AUGUST WEEKS!

TEAM WEEK – Team week is for competitive athletes only. For an evaluation or more information about our Competitive Teams, Levels 1-10, Xcel, & High School, please call the gym. 860-526-4132

Cross- Sport Conditioning!

Tuesday 4-5 Open to 6th- 12th Graders

Fall sports are right around the corner! Get a jump start with our power conditioning program! 7/17, 7/24, 7/31, 8/7, 8/14 \$65

PRINCESS WEEK! Age 3+

M-F 9:00-12:00 (Full week only) \$180.00

Princess week participants receive a FREE t-shirt!

NINJA WARRIOR! &

FANTASTIC GYMNASTICS!

Weeks are for Age 4+

M-F 9:00-12:30 \$210.00

Choose Day(s) \$45.00 Day

THE XCEL EXPERIENCE! Age 6+

PRE XCEL WEEK. Coach recommended.

New Bronze, Bronze Non-Compete, Intro & Beginner Xcel. IS YOUR CHILD INTERESTED IN COMPETING? THIS IS THE WEEK FOR THEM!

For information or to see if your child qualifies, please call the gym 860-526-4132.

M-F 9:00-1:00 \$240.00

Full week recommended. (\$55 Day)

TUMBLE!

M-W 9:00-12:30 \$135.00

Choose Day(s) \$45.00 Day

Open Gym:

Member / Non-member \$10 / \$15

Baby -Age 4 with caregiver ~Age 5+ Drop off

Member / Non-member fee \$10 / \$15

Tuesdays June 12-Aug. 21 (No 7/3) 1-2pm

Friday July 20th - Aug. 24 (No 8/ 10) 4-5pm

Summer Weeks

WK #1 JUNE 18-22 Fun Themes! M-F 9am-12pm

WK #2 JUNE-25-29 Fun Themes! M-F 9am-12pm

WK #3 JULY 2-6 CLOSED

WK #4 JULY 9-13 TEAM ONLY WEEK

WK #5 JULY 16-20 PRINCESS WEEK!

WK #6 JULY 23-27 NINJA WARRIOR!

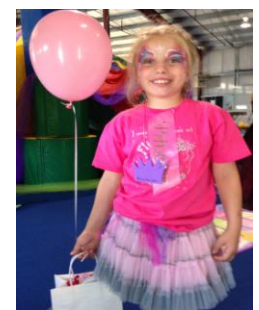
WK #7 JULY 30-AUG 3 THE XCEL EXPERIENCE!

August 9 & 10 Closed for Staff Education and Recertification

WK #8 AUG. 6-8 TUMBLE! M-W

WK #9 AUG. 13-17 FANTASTIC GYMNASTICS!

WK #10 AUG.20-24 TEAM & XCEL WEEK ONLY



Flip-Flop Staff!

Flip-Flop Gymnastics provides a professional staff with over 100 years of coaching experience!

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 teach the sport in a progressive, safe, and fun manner.

Flip-Flop staff members are USA Gymnastics Professional or Junior Professional Members, CPR, First Aid, and Safety Certified. Flip-Flop Gymnastics is a USA Gymnastics Member Club.