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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**

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455 Main St.  
Deep River, CT 06417  
Phone: (860) 526-4132  
[www.flipflogym.com](http://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
- Clean facility
- Top of the line equipment.
- Spacious Waiting / Viewing Room
- Beautiful, in ground Trampoline Foam Pit
- 30 Foot Tumble Track Trampoline
- Olympic & Child size equipment
- Separate Birthday Party Room
- Multi Program Facility
- Lessons for ages 12 months & older
- Fully Air conditioned
- USA Gymnastics Member Club
- Conveniently located off Rt. 9, Exit 4



## Flip-Flop Fun for Girls & Boys

### Class Sessions

**Session I:** September 10 - January 26

**Session II:** January 28- June 10

**\*We have ongoing registration.**

Cost of classes is per session or will be prorated.

### Baby & Pre-school Classes

See schedule insert for class times

#### Pollywogs & Tadpoles:

1-3 Yr. olds with caregiver \$330.00

\*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

**40 & 45 Minute Classes** \$330.00

**1 Hour Classes** \$375.00

\*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.

\*Kindergarten readiness skills are incorporated in all classes.

### Playgroups and Open Gyms!

**Play Group:** 40 min **Tues. 10:45-11:25**

Birth-5 Yrs. olds with caregiver

Members \$8.00 Per Child, Cash Only

Non Members \$10.00 Per Child, Cash Only

\*Children and caregivers can meet and make new friends while playing at the gym.

### Open Gym!

All ages welcome! Age 1-5 with caregiver

Member family fee \$10.00

Nonmember family fee \$20.00

## Holiday Closings

10/31 closed @ 3pm Halloween 11/19-11/24 Thanksgiving

12/19-1/1 Holiday 2/14-2/20 February Break

4/15-4/20 Spring Break 5/24-5/27 Memorial Day

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## School Age Gymnastics Classes

See schedule insert for class times

**Flounders:** Age 5

**45 Minute Classes** \$330.00

**1 Hour Classes** \$375.00

\*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.

**Flounders:** Age 5 \$375.00

**Sea Turtles:** Age 5-7 \$375.00

**Seagulls:** Age 8-13 \$375.00

**Sharks (Boys):** Age 5-7 \$375.00

**Advanced Intro to Xcel or Gators (Boys):** 1.5 hrs. Age 7+ \$485.00

#### Homeschool:

\*Program designed for homeschool families.

Price is per child and / or per family. Please call for more information. 860-526-4132

**NINJA WARRIOR!:** \$370.00

\*Children will have a blast while maneuvering through some awesome obstacle courses.

This class will build the child's self-confidence and is designed to enhance strength, flexibility, and balance while having FUN! **FRIDAY 3:45-4:30**

**Acro / Tumble:** Middle school & older

\*Tumbling and acrobatics class. Just like to tumble?

This is the class for you! Also great for cheerleaders to improve their skills. **W 2:45-3:30** \$370.00

**Beginner Xcel** Age 8+ \$895.00

Tuesday 4-6 & Thursday 3:45-5:45

Non-Compete advanced program.

\*A recommendation for this class is required.

2 Days per wk REQUIRED. NO COMPETITION.

**Bronze Xcel Non-Compete Team** \$895.00

Age 8+ Tuesday 6:30-8:30 & Thursday 3:45-5:45

Non-Compete Team Program with the GOAL of competition. This program is for gymnasts who have the desire to be on our competitive team. This program is for the dedicated gymnast, striving for more! \*A recommendation for this class is required.

2 Days per wk REQUIRED. NO COMPETITION.

## USA Gymnastics Programs

\* **Dolphin:** Developmental

\* **Starfish:** Level 1

\* **Competitive Team:** Levels 3-10

\* Placement onto the team program is by invitation ONLY. For more information or an evaluation, please call. 860-526-4132

\* **Xcel Team**

**Bronze, Silver, Gold, Platinum & Diamond**

An exciting program from USA Gymnastics!

Placement onto the team program is by invitation ONLY. For more information, or an evaluation, please call. 860-526-4132

2 Practices per week required for our entry level Xcel programs.

### POLICIES

#### Tuition:

**NO CHILD WILL BEGIN CLASS WITHOUT PROPER PAYMENT & PAPERWORK. REGISTRATION & PAYMENT ARE DUE BEFORE THE FIRST DAY OF CLASS.**

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

#### PAYMENT DUE DATES:

**SESSION 1:** Second payment due BEFORE October 12.

**SESSION 2:** Second payment due BEFORE March 1.

\*A \$10.00 late fee will apply per month. No exceptions We prefer check or cash. We also accept Debit, MC & VISA.

Upon Request, automatic monthly payments are available with a \$10 Processing fee per session.

RETURNED CHECK FEE = \$30.00

Unpaid balances go to collections.

**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 inside the gym by a caregiver.**

**Class Cancellations:** If the gym needs to close due to inclement weather, please check Facebook, WTNH or call the gym.

## 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.

We prefer check or cash. We also accept Debit, MC & VISA. Automatic monthly payments available upon request. A \$10 processing fee will apply per session.

Tuition: \_\_\_\_\_ + \$40.00 Annual Family Registration Fee (Due each September) = Total Paid: \_\_\_\_\_

VISA\_MC\_# \_\_\_\_\_ EXP \_\_\_\_\_ SIGN \_\_\_\_\_

PARENT NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ 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.

\*Parent/Guardian (or Self, if 18 yrs old or over) Initials \_\_\_\_\_

\*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 \_\_\_\_\_