

JUNE GYMNASTICS WITH A THEME! CLINICS & OPEN GYMS!

M-F \$190.00 OR \$40.00 Day

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

WK 1 M-F JUNE 17-21 9:00 -12:00 AGE 3+

Monday - Fun at the Carnival!

Popcorn, Games, Tickets and Prizes!

Tuesday – Indiana Jones Adventure!

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

Wednesday – Science & Slime!

Experiment, Explode & Slime!

Thursday – Princess Luncheon & Tea Party!

A day of gymnastics and games followed by a very fancy tea party! Bring your best princess attire for a special occasion. Tea sandwiches and fruit wands provided.

Friday - Ninja Warrior!

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

AFTERNOON CLINICS & OPEN GYM:

6/11, 18 & 25 Tuesday- 3:30-4:30 Open Gym

6/12, 19 & 26 Wednesday- 3:45-4:45 Gymnastics!

6/13, 20 & 27 Thurs.-3:30-4:15 Cartwheels & Handstands!

4:30-5:15 Flip!

5:15-6:45 Open Gym

WK 2 M-F JUNE 24-28 9:00 -12:00 AGE 3+

Monday – Super Heroes!

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

Tuesday – Puppet Day!

Come create a puppet with its own personality and put on a show!

Wednesday – Flip Out!

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

Thursday – Day at the Spa!

Enjoy a relaxing day of gymnastics, hair styles, manicures, pedicures and more!

Friday – Ninja Warrior!

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

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

P.O. Box 1091
455 Main St.

Deep River, CT 06417

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 \$135

6/17, 6/24, 7/15, 7/22, 7/29, 8/5, 8/12

Saturday 9:00-9:40 6/15, 6/22, 6/29 \$58

Guppies and Minnows: Age 3 - 5

Mondays 10:15-11:00am \$135

6/17, 6/24, 7/15, 7/22, 7/29, 8/5, 8/12

Saturday 9:45-10:30am 6/15, 6/22, 6/29 \$58

Wednesdays 3:00-3:45pm \$135

7/10, 7/17, 7/24, 7/31, 8/7, 8/14, 8/21

Ninja-Warrior! Age 4 – 6 & 7+

Wednesdays 9:00-9:45am \$110

7/17, 7/24, 7/31, 8/7, 8/14

Sea Turtles: Age 5-7

Monday 11:00-12:00pm \$155

6/17, 6/24, 7/15, 7/22, 7/29, 8/5, 8/12

Saturday 10:30-11:30 \$66

6/15, 6/22, 6/29

Wed. 10-11am 7/17, 7/24, 7/31, 8/7, 8/14 \$111

4-5pm 7/10, 7/17, 7/24, 7/31, 8/7, 8/14, 8/21 \$155

Intro to XCEL: Age 7+

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

6/12, 6/19, 6/26

Saturdays 11:30-1:00pm 6/15, 6/22, 6/29 \$90

July / August:

Tuesdays 2:30-4:00pm \$210

7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20

Wednesday 5:00-6:30pm \$210

7/10, 7/17, 7/24, 7/31, 8/7, 8/14, 8/21

Beginner Non-Compete Xcel:

Age 7+ 2 hours, 2x Per Week.

June: T 4:30-6:30pm / **Th** 3:45-5:45pm June \$195

6/11, 6/13, 6/18, 6/20, 6/25, 6/27

July: Wed 6:00-8:00pm / **Fri** 2-4pm July \$228

7/10, 7/12, 7/17, 7/19, 7/24, 7/26, 7/31

August:

8/7, 8/9, 8/14, 8/16, 8/21, 8/23 August \$195

860-526-4132

www.flipflogym.com

FLIP-FLOP FUN!

Cross- Sport Conditioning!

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

Fall sports are right around the corner! Get a jump start with our power conditioning program!

7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20 \$100

Acro / Tumble!

Tuesday 7:15-8:00pm

7/16, 7/23, 7/30, 8/6, 8/13 \$110

JULY & AUGUST WEEKS!

- 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.

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

PRINCESS WEEK! Age 3+

M-F 9:00-12:00 (Full week only) \$195

Princess week participants receive a **FREE t-shirt**

THE XCEL EXPERIENCE! Age 6+

Interested in learning routines and more competitive skills?

This fun week is for gymnasts who have not competed yet! Full week recommended. (\$55 Day)

M-F 9:00-1:00 \$260

FLIP & TUMBLE! Age 4+

M-TH 9:00-12:30 \$168

Choose Day(s) \$50 Day

NINJA WARRIOR! Age 4+

M-F 9:00-12:30 \$210

Choose Day(s) \$45 Day

SUMMER CELEBRATION! Age 3+

M-F 9:00-12:30 \$210

Choose Day(s) \$50 Day

Open Gym:

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

Member / Non-member fee \$10 / \$20

JUNE 11th -25th – Tuesdays 1:00-2:00 & 3:30-4:30

JULY 9th – AUGUST 20th - Tuesdays 1:00-2:00

Summer Weeks

JUNE 11-13

CLINICS / OPEN GYMS

WK #1 JUNE 17-21

Fun Themes! M-F 9am-12pm

WK #2 JUNE-24-28

Afternoon clinics / Open Gyms

Fun Themes! M-F 9am-12pm

Afternoon clinics / Open Gyms

WK #3 JULY 1-5

CLOSED

WK #4 JULY 8-12

TEAM ONLY WEEK

WK #5 JULY 15-19

PRINCESS WEEK!

WK #6 JULY 22-26

THE XCEL EXPERIENCE!

WK #7 JULY 29-AUG 1

FLIP & TUMBLE! M-TH

August 2 & 3

Closed for Staff Education and Recertification

WK #8 AUG. 5-9

NINJA WARRIOR!

WK #9 AUG. 12-16

SUMMER CELEBRATION!

WK #10 AUG. 19-23

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.