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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, Junior Professional and Instructor 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 6 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 14 – December 12
 Session II: December 12- March 27
 Session III: March 29- June 26

***We have ongoing registration.**

Cost of classes is per session.

Toddlers & Pre-school Classes

See schedule insert for class times.

Pollywogs & Tadpoles:

1-3 Yr. olds with caregiver \$265.00

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

Guppies: Age 3

Minnows: Age 4

Flounders: Age 5

40 & 45 Minute Classes \$265.00

50 Minute Classes \$300.00

*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.

Open Gyms!

Open Gym!

All ages welcome! Age 1-3 with caregiver

Member family fee \$15.00

Nonmember family fee \$25.00

Due to Covid 19 Open gym will be a structured gym time with instruction and limited space.

CALL AHEAD & SPEAK TO A TEACHER TO RESERVE A SPOT. Sorry, no phone message reservations or drop ins at this time.

Holiday Closings

11/23-11/28 Thanksgiving 12/21-1/2 Holiday
 2/12-2/18 February Break 4/12-4/17 Spring Break
 5/28-5/31 Memorial Day

860-526-4132

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School Age Gymnastics Classes

See schedule insert for class times

Flounders: Age 5

40 /45 Minute Classes \$265.00

50 Hour Classes \$300.00

*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 \$300.00

Sea Turtles: Age 5-7 \$300.00

Seagulls: Age 8-13 \$300.00

Sharks (Boys): Age 5-7 \$300.00

Advanced Intro to Xcel or Gators (Boys):

1.25 hrs. Age 7+ \$375.00

LITTLE NINJA Age 3 ½ - 5 \$300.00

NINJA WARRIOR Age 4-6, & 7+ \$300.00

*Children will have a blast while maneuvering through some awesome obstacle courses and fun stations. (during Covid 19 we will focus on stations to practice social distance) This class will build the child's self-confidence and is designed to enhance strength, flexibility, and balance while having FUN!

New! Physical Education!

*Attention Homeschool, Distance & Hybrid Learners! Take a break and come in for a PE class of gymnastics and more! This is a structured class for children Ages 5 & up \$300.00

USA Gymnastics Programs

* **Dolphin / * Starfish:** Developmental

* **Hot Shots:** Level 1

* **Competitive Team:** Levels 2-10

* 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 x per week required for our entry level Xcel programs.

POLICIES

Tuition:

NO CHILD WILL BEGIN CLASS WITHOUT PAYMENT & PROPER PAPERWORK. **NO EXCEPTIONS.** REGISTRATION, WAIVERS & 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.**

Our program is NON-REFUNDABLE for any reason.

In the event that Flip-Flop Gymnastics needs to close for the weather or any other reason (for up to 2 classes) we will follow our make-up policy and use open gym as a make-up. *See make up policy. In the event that Flip-Flop Gymnastics has to shut down for more than 2 weeks, we will continue our session on zoom **in place** of our "in gym" classes.

PAYMENT DUE DATES:

SESSION 1: Second payment due BEFORE October 5.

SESSION 2: Second payment due BEFORE January 11.

SESSION 3: Second payment due BEFORE April 20.

*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 charge*. See office for form.

Due to our merchant service charges a \$10 processing fee will apply to all over the phone transactions.

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 a structured open gym time at no cost. **One make-up class permitted per session in open gym, BY RESERVATION ONLY. Sorry no drop ins this time.** Please note that you are not paying for a number of classes, but a spot in the class. Due to Covid 19, open gym will be a structured gym time with instruction and limited space.

PLEASE CALL AHEAD TO RESERVE A SPOT & SPEAK TO A TEACHER. We will allow choice skills, but will keep the equipment and children at stations until further notice. **Children 3 and under must be accompanied inside the gym by an adult caregiver that must wear a mask.**

Class Cancellations: If the gym needs to close due to inclement weather, please check Facebook, WTNH or call the gym 860-526-4132.

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 payments available upon request. A \$10 processing fee will apply per charge.

Tuition: _____ + \$50.00 Annual Family Registration Fee (Due each September) = Total Paid: _____ Security code _____
 VISA ___MC___# _____ EXP _____ SIGN _____

I authorize Flip-Flop Gymnastics to AUTO CHARGE my CC for the second payment & include the processing fee.
 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.

* 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 _____

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

2020-2021 Class Sessions

Session I: September 14 – December 12 Session II: December 12- March 27 Session III: March 29- June 26

Toddlers & Pre-school ~ **After School, Ninja Warrior** & *Specialty Classes

MON	TUE	WED	THU	FRI	SAT
10:00-10:40 Pollywogs Tadpoles		10:00-10:40 Pollywogs Tadpoles	9:30-10:20 *Dolphins Minnows Flounders		9:00-9:40 Pollywogs Tadpoles
11:00-11:40 Guppies Minnows		11:00-11:40 Guppies Minnows	10:45-11:35 Guppies Minnows Flounders		9:00-9:40 Guppies Minnows Flounders
NEW Phys Ed 12:40-1:30 Ages 5 & Up School Break! Get your PE time in during the day!	3:00-5:00 High School	NEW Phys Ed 12:00-12:50 Ages 5 & Up School Break! Get your PE time in during the day!		1:00-2:15 Ninja & Gymnastics Open Gym	10:00-10:40 Guppies Minnows Flounders
					10:00-10:50 Sea Turtles
NEW 1:55-2:45 4-6 year olds	3:30-4:20 Sea Turtles	3:40-4:30 Sea Turtles	3:55-4:45 Sea Turtles	2:45-3:30 LITTLE NINJA'S 3 ½ -5 yrs	11:00-12:15 Intro to Xcel / Advanced
		4:45-6:15 *Hot Shots	3:55-4:45 Sharks		
3:45-5:00 *Dolphins		4:45-6:00 Intro to Xcel / Advanced		3:45-4:30 NINJA WARRIOR! 4-6yrs & 7+	1:30-3:00 3:30-5:00 Birthday Parties Postponed until further notice
4:45-6:15 *Hot Shots	4:40-5:30 Sea Turtles Seagulls		5:00-6:15 Gators & Intro to Xcel Advanced		Private Lessons Available. Please call for more information.
Holiday Closings					
11/23-11/28 Thanksgiving			12/21-1/2 Holiday		
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