

TEAM FLIP-FLOP

For more information about our Competitive Teams, Levels 1-10, Xcel, & High School programs, please call the gym.

Please also call 860-526-4132 for an appointment and an evaluation if you are interested in our team program.

TEAM WEEK – Team week is for competitive athletes only.
860-526-4132

DEVELOPMENTAL PROGRAMS -by invite only

New Dolphins: Tuesday 3:30-4:45pm \$220
6/29, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17

Starfish: Tuesday 3:30-5:15pm \$295
6/29, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17

Hot Shots: Monday: 3:30-5:15pm & Wednesday: 3:30-5:15pm \$560
6/28, 6/30, 7/12, 7/14, 7/19, 7/21, 7/26, 7/28
8/2, 8/4, 8/9, 8/11, 8/16, 8/18

Beginner Bronze - 2: \$615
Monday: 3:30-5:30pm & Wednesday: 3:30-5:15pm
6/28, 6/30, 7/12, 7/14, 7/19, 7/21, 7/26, 7/28
8/2, 8/4, 8/9, 8/11, 8/16, 8/18



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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www.flipflogym.com

Summer Classes

[Pollywogs and Tadpoles:](#) Age 1-3 w/ caregiver

Monday 9:20-10:00am \$112
6/28, 7/19, 7/26, 8/2, 8/9

[Guppies and Minnows:](#) Age 3 - 5

Mondays 10:20-11:00am \$112
6/28, 7/19, 7/26, 8/2, 8/9

[Ninja-Warrior!](#) Age 4 – 6 & 7+

Thursday 8:45-9:30am \$100
7/22, 7/29, 8/5, 8/12

[Sea Turtles:](#) Age 5-7

Monday 11:15-12:05pm \$125
6/28, 7/19, 7/26, 8/2, 8/9

Wednesday 10:20-11:10am \$125
6/30, 7/21, 7/28, 8/4, 8/11

Thursday 5:00-5:50pm \$175
7/1, 7/15, 7/22, 7/29, 8/5, 8/12, 8/19

[Intro to XCEL:](#) Age 7+

Tuesday 9:20-10:35am \$150
6/29, 7/20, 7/27, 8/3, 8/10

Wednesday 3:30- 4:45pm \$150
6/30, 7/21, 7/28, 8/4, 8/11

FUN CAMP WEEKS!

Our fun theme weeks include gymnastics, arts and crafts, water balloons, water play, sidewalk chalk, snack time, dancing, games and more!

WK 1 Tie Dye & Tumble, Mad Science, Fantastic Gymnastics! Short but fun week!

WK 2 Gym Closed July 4-10 for Independence Day
WK 3 & 8 Team Camp! Competitive Gymnasts Only

WK 4 Princess Week! This week we will have fun doing gymnastics and making tutus, tiaras, magic wands, jewelry, read princess stories, dance and twirl our way around the gym. Join us for our princess parade!

WK 5 Olympic Week! Ceremonies, competitions, crafting, gymnastics and a twist on our own Olympic events!

WK 6 Flip, Tumble & Trampoline! Flip in our flip belt, tumble on our 30ft trampoline and more. Flip, flop and fly with us!

WK 7 Nerf & Ninja Week! Pack your nerf gear and get ready for some fun! A fun week to master mat forts and nerf wars. We will also climb, leap and cross through our safe but challenging obstacle courses!

Safety Protocols

We are currently social distancing in the gym so space is limited. Please register ASAP!

- The gym is disinfected nightly and strict cleaning and disinfection protocols are in place before, after and during classes. All staff are trained to disinfect and to do a thorough cleaning.
- Facemasks will be worn by all spectators until further notice. Coaches & athletes will wear a mask until further notice
- One family spectator per athlete for preschool classes. We recommend watching from outside our main doors while keeping 6ft between spectators. Outdoor spectators should also wear a mask, while social distancing.
- Coaches will use a 24 hour hand sanitizer daily.
- Hand sanitizer is available at each station and will be used by gymnasts in between events.
- Classes will be taught in stations to social distance.
- There will be no unnecessary shared props while teaching.
- Employees, athletes and spectators must stay home if they are experiencing any symptoms of Covid 19.
- A temperature check will be taken when entering the building until further notice. Must be under 100.
- All high risk groups should remain at home.
- In the event of a positive test within your group, you will be notified and the gym will be sanitized.

SUMMER POLICIES

We will allow up to 2 summer make up classes during open gyms.

OPEN GYM! Thursday's 7/1-8/19 1:15-2:30
(Gym closed 7/4-10) Members \$15.00 Non-Members \$25

Summer classes must be made up during the summer and cannot carry over into the fall session. **All classes are non-refundable.** If Flip-Flop Gymnastics has to close due to Covid 19 or for any other reason, we will offer zoom classes in place of in-gym classes. We apologize but we will not offer credits for any missed classes. Thank you for your support and understanding.

- **No peanut butter or nuts allowed in the gym!**
- **All camp children MUST be potty trained.** Sorry, no exceptions.
- **FULL PAYMENT MUST ACCOMPANY REGISTRATION**
- All summer programs are **non-refundable and non-transferable.**
- **Flip-Flop Gymnastics has the right to cancel any programs due to low enrollment.**

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Summer Camp Weeks

Pack: Extra mask, Water bottle, Towel, Snack (no nuts), Bathing suit, Sun screen

WK #1	JUNE 28-30	TIE DYE & TUMBLE MAD SCIENCE FANTASTIC GYMNASTICS
WK #2	JULY 4-10	GYM CLOSED
WK #3	JULY 12-16	TEAM WEEK
WK #4	JULY 19-23	PRINCESS WEEK!
WK #5	JULY 26-30	OLYMPIC WEEK
WK #6	AUG 2-AUG 6	FLIP, TUMBLE & TRAMPOLINE!
WK #7	AUG. 9-13	NERF & NINJA WEEK!
WK #8	AUG. 16-20	TEAM WEEK



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.