

PRST STD  
U.S. POSTAGE  
PAID  
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

P.O. Box 1091  
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, 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 as 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 11 – December 9  
Session II: December 11- March 23  
Session III: March 25- June 22

**\*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

\*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

50 Minute Classes

\*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 Cash Only

Nonmember family fee \$25.00 Cash Only

If there is a Covid 19 reoccurrence, Open Gym will be a structured gym time with instruction and limited space.

**RESERVE YOUR SPOT ONLINE & PAY AT THE GYM!**

## Holiday Closings

10/31 Halloween Closed  
12/19-1/1 Holiday  
4/8-4/13 Spring Break  
11/20-11/25 Thanksgiving  
2/15-2/21 February Break  
5/24-5/27 Memorial Day

860-526-4132

www.flipflogym.com

## School Age Gymnastics Classes

See schedule insert for class times

Flounders: Age 5

40 /45 Minute Classes

50 Minute Classes

\*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

Sea Turtles: Age 5-7

Seagulls: Age 8-13

Sharks (Boys): Age 5-7

Advanced Intro to Xcel or Gators (Boys):

1.25 hrs. Age 7+

**LITTLE NINJA** Age 3 ½ - 5

**NINJA WARRIOR**

Age 4 1/2 -6, & 7+

\*Children will have a blast while maneuvering through some awesome obstacle courses and fun stations. (If we have a Covid reoccurrence, we will use obstacle courses where children can space out and 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!

## USA Gymnastics Programs

\* **Dolphin / \* Starfish:** Developmental

\* **Hot Shots:** Level 1/2

\* **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**

**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:

Class tuition needs to be PAID IN FULL along with the registration fee prior to the child's first class.

Annual Registration Fee \$50.00 Per Family

RETURNED CHECK FEE = \$30.00

Unpaid balances go to collections.

A CHILD WILL NOT BE REGISTERED IN A CLASS OR BEGIN CLASS WITHOUT FULL PAYMENT & PROPER REGISTRATION. **PARENTS MUST REGISTER ONLINE.**

**\*WHEN REGISTERING FOR A CLASS YOU ARE COMMITTING TO THE ENTIRE SESSION & RESPONSIBLE FOR FULL PAYMENT.** WE DO NOT OFFER CREDITS OR REFUNDS FOR ANY REASON.

**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.**

**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. **Two make-up classes permitted per session in open gym, BY RESERVATION ONLY. Sorry no drop in's this time.** Please note that you are not paying for a number of classes, but a spot in the class.

**PLEASE RESERVE A SPOT ONLINE FOR OPEN GYM & SPEAK TO A TEACHER TO APPLY YOUR OPEN GYM TO A MAKE UP CLASS.** Children 3 and under must be accompanied inside the gym by an adult caregiver.

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

Follow us on Facebook & Instagram!

## Flip-Flop Gymnastics Registration 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**

Name \_\_\_\_\_ Class \_\_\_\_\_ Day \_\_\_\_\_ Time \_\_\_\_\_ Age \_\_\_\_\_  
\*WHEN REGISTERING FOR A CLASS YOU ARE COMMITTING TO THE ENTIRE SESSION & RESPONSIBLE FOR FULL PAYMENT.

Tuition. is to be PAID IN FULL with Registration.

We prefer check or cash. We also accept Debit, MC & VISA. A \$10 processing fee will apply per charge for over the phone payments or keyed in payments  
Tuition: \_\_\_\_\_ + \$50.00 School Year Registration Fee (Due each September) = Total Paid: \_\_\_\_\_ Security code \_\_\_\_\_

I authorize Flip-Flop Gymnastics to AUTO CHARGE my CC for the full payment & include the processing fee of \$10.

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 to be paid in full at time of registration. I understand that when registering for a class, I am committing to the entire session and responsible for full payment. All payments are NON-REFUNDABLE and we do not credit missed classes for any reason. 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. 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, nina, 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.