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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

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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 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

Flip-Flop Fun for Girls & Boys

Class Sessions

Session I: September 9 – December 7

Session II: December 9- March 22

Session III: March 24- June 21

***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 \$335.00

*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

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

Open Gym is a supervised gym experience.

RESERVE YOUR SPOT ONLINE & PAY AT THE GYM!

Holiday Closings

10/31 Halloween Closed @ 3pm

11/25-11/30 Thanksgiving 12/20-1/1 Holiday

2/17-2/22 February Break 4/14-4/19 Spring Break

5/23-5/26 Memorial Day

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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. Our 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+

Bronze: Age 7+

Introduction to the Xcel program by invitation only.
Call for an evaluation.

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. 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.

Follow us on Facebook & Instagram!

POLICIES

Tuition:

ALL REGISTRATIONS AND PAYMENTS ARE NOW DONE ONLINE ONLY.

Class tuition needs to be PAID IN FULL with a valid credit card along with the registration fee and all waivers must be signed online in order to reserve your spot in a 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 ins.**

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.