

# GYMNASTICS AND NINJA CAMPS!



July 5<sup>th</sup>-Aug. 29th, 2017 (8wks)

Ph 631-288-2845 Fax 288-2834

Camp days are offered Monday-Friday 10:00-2:00, select your days and weeks on reverse side. You may choose 1-5 days/wk.

**BEFORE CARE BEGINS AT 9:00 AM, AFTERCARE RUNS UNTIL 3:00**

**You MUST sign up in advance for this.** Before or after care is \$15/hour or \$25 for 2 kids



USA GYMNASTICS.

Children are grouped by age for our CAMPGYM GYMNASTICS CAMPS. The day consists of about 25 minute rotations on each of the apparatus in the gym including uneven bars, balance beam, vault, floor exercise, rings, parallel bars, tumble track, trampoline, etc. We also have a 16'x16' foam pit for training skills. **The gym is fully air conditioned for the summer.** Younger campers will do an art project. All campers have a snack time and lunch time.

Children should bring a healthy lunch, light snack and a water bottle. **We are a peanut free facility.**



**Turning Kids into Ninjas One Obstacle at a Time**

USA Ninja has developed an obstacle course skills program that incorporates basic skill sets from gymnastics, climbing, cross training, and track & field. Ninja Camp is open to boys and girls ages 5 to 17. The program is designed to meet the requirements of a full physical fitness program for today's youth. We incorporate standard gymnastics apparatus including rings, bars, and tumbling surfaces. Other specialized ninja training equipment is also used, such as cargo nets, traverse walls (rock walls), slack lines, ropes, and ladders. Each obstacle course also includes corresponding conditioning and flexibility stations. The desired result of this program is to improve children's strength, flexibility, and all around athleticism. **See above for more camp info.**

**Weekly/ Daily Camp Prices are as follows:**

**See parent portal for more info on pricing and to register under Summer Camp 2017 On the website at [www.flip-flogymnastics.com](http://www.flip-flogymnastics.com)**

5 days/ week	4 days/ week	3 days/ week	2 days/ week
\$380/wk	\$310/wk	\$235/ wk	\$160/ wk

Child's Name \_\_\_\_\_ D.O.B. \_\_\_\_\_ Age \_\_\_\_\_ Parents Name \_\_\_\_\_

Does your child have any known allergies and/or limitations? \_\_\_\_\_ Hm Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_ Email Address \_\_\_\_\_ Ninja Camp \_\_\_\_\_ or Gymnastics Camp \_\_\_\_\_

Class day and time \_\_\_\_\_ **Campers MUST be at least 4 yrs old and potty trained. No exceptions! Parents must leave a contact number and be local in the event of an accident or emergency.**

<b>Camp only sign up</b>	MON	TUES	WED	TH	FR	<b>**Check off the days in the weeks you will attend or do it on the parent portal link on the website under Summer Camp 2017!</b>
Week 1	closed	Closed July 4 <sup>th</sup>				<b>July 5<sup>th</sup>-July 7<sup>th</sup></b>
Week 2						<b>July 10<sup>th</sup>-July 14<sup>th</sup></b>
Week 3						<b>July 17<sup>th</sup>-July 21<sup>st</sup></b>
Week 4						<b>July 24<sup>th</sup>- July 28<sup>th</sup></b>
Week 5						<b>July 31<sup>st</sup>- August 5<sup>th</sup></b>
Week 6						<b>August 7<sup>th</sup>-August 11<sup>th</sup></b>
Week 7						<b>August 14<sup>th</sup>-August 18<sup>th</sup></b>
Week 8						<b>August 21<sup>st</sup>- August 25<sup>th</sup></b>
Week 9						<b>August 28<sup>th</sup> &amp; 29<sup>th</sup></b>

## Summer Class Schedule Below, 8 week sessions

Tadpoles **14-36 mos** \$176    Leapfrogs **(3-5yrs)** & Peewee \$192    1 hr class \$200    1.5 hr class \$232  
 2hr non-Compete Team \$260

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tadpoles 9-9:45 Mark	Leapfrogs 9-9:50 Mel & Ash	Tadpoles 9-9:45 Mark	Leapfrogs 9-9:50 Mel & Ash	Tadpoles 9-9:45 Mark
	Mdl School/HS Tumble Cheer 1:15-2:45 Conor	Leap frogs 9-9:50 Mel & Ash	2:45-4:15 11-16 yrs girls Conor	
2:45-3:45 5-7 yrs Ash & Sarah	Peewee Ninja 2:45-3:35 4-6 yrs Mark & Conor	Tumble Cheer! 2:45-3:45 7-12 yrs James	Peewee Ninja 2:45-3:35 4-6 yrs Mark	2:45-3:45 5-7 yrs Mel & Sarah
2:45-4:15 8-12 yrs Mel	Boys Flip & Tumble 2:45-4:15 8-11yrs James	Leapfrogs 2:45-3:35 Mel & Sarah	Boys Flip & Tumble 2:45-4:15 12-17yrs James	2:45-4:15 8-12 yrs Ash
Ninja 2:45-3:45 5-8 yrs James	2:45-3:45 4-6 yrs Mel & Sarah	Ninja 2:45-3:45 5-8 yrs Mark	2:45-3:45 4-6 yrs Mel & Sarah	Ninja 2:45-3:45 8-12 yrs James
Non-competite Team 2:15-4:15 Coach Mark Approval needed	2:45-4:15 7-9 yrs Ash	2:45-3:45 4-6 yrs Ash	2:45-4:15 7-9 yrs Ash	2:15-3:45 Advanced Class Recommendation Only Mark

