

# GYMNASTICS AND NINJA CAMPS!



July 2<sup>nd</sup>-Aug. 24<sup>th</sup>, 2018 (8wks)

Ph 631-288-2845

381-14 Old Riverhead Rd, WHB

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.

**Early Bird Discount!! Use promo code APRIL on the parent portal for 15% camp discount through the end of April. Parent portal registration at [www.flip-flogymnastics.com](http://www.flip-flogymnastics.com)**

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 . \$25 for both before and after care for one child.

Summer Camp pricing is \$80/ day. For 20% discount please take advantage of promo code MARCH



Children are grouped by age for our GYMNASTICS and NINJA CHALLENGE CAMPS. For Gymnasts and Ninjas, the day consists of about 25 minute rotations on each of the apparatus in the gym. For gymnastics events include uneven bars, balance beam, vault, floor exercise, tumble track, trampoline, and ninja equipment for those interested. We also have a 16'x16' foam pit for training skills. Team gymnasts who need to train with us can do camp and train with peers and appropriate coach. Gymnastics camp is open for ages 4-17. Groups will have the option to try ninja courses as well as gymnastics.

The Ninja Challenge program 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 who are grouped by age. 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, peg boards 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.

The gym is fully air conditioned for the summer. 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.

**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 SIGN UP SHEET</b>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>7/2-7/6 WEEK 1</b>					
<b>7/9-7/13 WEEK 2</b>					
<b>7/16-7/20 WEEK 3</b>					
<b>7/23-7/27 WEEK 4</b>					
<b>7/30-8/3 WEEK 5</b>					
<b>8/6-8/10 WEEK 6</b>					
<b>8/13-8/17 WEEK 7</b>					
<b>8/20-8/24 WEEK 8</b>					

**Class Schedule. You must sign up for the full 8 weeks of the class you choose. 7/2-8/24/18**

Monday	Tuesday	Wednesday	Thursday	Friday
	Tadpoles 9-9:45 Mark	Tadpoles 9-9:45 Mark	Tadpoles 9-9:45 Mark	Peewee Ninja 3-5 yrs 9-9:50 Mark & James
	Leapfrogs 9-9:50 Mel & Ash	Leap frogs 9-9:50 Mel & Ash	Leapfrogs 9-9:50 Mel & Ash	
		Advanced Class 2:30-4 Mark		
2:30-3:30 5-8 years Ash & Sarah	Peewee Ninja 3-5yrs 2:30-3:20 Mark, Chris, Nelson	Tumble Cheer! 2:30-3:30 7-12 yrs James & Mel	Ninja 2:30-3:30 8-12 yrs Chris & Nelson	
2:30-4 9-15 yrs Mel	Boys Flip & Tumble /Ninja 2:30-4 8-12yrs James	2:30-3:30 4-6 yrs Ash & Sarah	Boys Flip & Tumble/ Ninja 2:30-4:00 12-17yrs James	
Ninja 2:30-3:30 5-8 yrs James, Chris	2:30-3:30 5-8 yrs Jamie & Sarah	Ninja 2:30-3:30 5-8 yrs Nelson & Chris	2:30-3:30 4-6 yrs Mel & Sarah	
2:30-4:30 Non Compete Team Mark	2:30-4 8-12 yrs Ash & Mel	2:30-4 7-9 years Jamie	2:30-4:00 7-9 yrs Ash & Jamie	