

GYMNASTICS AND NINJA CAMPS!



July 8th-Aug. 22nd, 2019

Ph 631-288-2845

381-14 Old Riverhead Rd, WHB

Camp days are offered Monday-Thursday 10:00-2:00, select your days and weeks on reverse side. You may choose 1-4 days/wk.

Early Bird Discount!! Use promo code MARCH on the parent portal for 20% camp discount through the end of March. Parent portal registration at 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/hr and is not to be used for playtime but for parents in need of this service.

For 20% discount please take advantage of promo code MARCH The 4 day camp week cost is \$340.



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 4 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 apparatus including rings, hanging doors, tumbling surfaces, 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.

CAMP SIGN UP SHEET	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7/8-7/11 WEEK 1				
7/15-7/18 WEEK 2				
7/22-7/25 WEEK 3				
7/29-8/1 WEEK 4				
8/5-8/8 WEEK 5				
8/12-8/15 WEEK 6				
8/19-8/22 WEEK 7				

Tadpole 18 mos-36 mos. \$165. **Leapfrogs** & **Pee Wee Ninja's** 3-5yrs \$179. **1 hour Classes** \$185 **1.5 hr** \$210

CLASS SCHEDULE RUNS 7 WEEKS FROM 7/8-8/22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	Leapfrogs 9:00-9:50	Tadpoles 9:00-9:45	Tadpoles 9:00-9:45
	5-8 yrs 9:00-10:00	Leapfrog 9:00-9:50	Leapfrog 9:00-9:50
4-6 yrs 2:30-3:30	4-6 yrs 2:30-3:30	5-7 yrs 2:30-3:30	Ninja 5-8 yrs 2:30-3:30
5-7 yrs 2:30-3:30	Ninja 5-8yrs 2:30-3:30	7-9yrs 2:30-4:00	Flip & Tumble/ Ninja 2:30-4 9+ yrs
8-12 yrs 2:30-4:00	Flip & Tumble/ Ninja 2:30-4:00 9+	Ninja 5-8yrs 2:30-3:30	9-15 yrs 2:30-4:00
Pee Wee Ninja 2:30-3:20	7-9 yrs 2:30-4:00	Tumble Cheer 8-12 yrs 2:30-3:30	Pee Wee Ninja 2:30-3:20