

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. The 4 day camp week cost is \$340. Prorated pricing for less days.

Parent portal registration at www.flip-flogymnastics.com



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 15 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.**

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.

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 10am-2pm	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				

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	Leapfrogs 9:00-9:50 Ashley, Sarah, Gus	Tadpoles 9:00-9:45 Mark	Tadpoles 9:00-9:45 Mark
	5-8 yrs 9:00-10:00 Mark	Leapfrog 9:00-9:50 Ashley, Jamie	Leapfrog 9:00-9:50 Ashley, Sarah
CAMP 10:00-2:00	CAMP 10:00-2:00	CAMP 10:00-2:00	CAMP 10:00-2:00
4-6 yrs 2:30-3:30 Ashley, Jamie	4-6 yrs 2:30-3:30 Mel	5-7 yrs 2:30-3:30 Ashley	Ninja 5-8 yrs 2:30-3:30 Gus, Mel, Jamie
5-7 yrs 2:30-3:30 Sarah, Mel	Ninja 5-8yrs 2:30-3:30 Gus, Sarah, Jamie	7-9yrs 2:30-4:00 Melanie	Flip & Tumble/ Ninja 2:30-4 9+ yrs James
8-12 yrs 2:30-4:00 Mark	Flip & Tumble/ Ninja 2:30-4:00 9+ James	Ninja 5-8yrs 2:30-3:30 Gus, Jamie, Cece	9-15 yrs 2:30-4:00 Ashley
Pee Wee Ninja 2:30-3:20 James, Gus	7-9 yrs 2:30-4:00 Mark	Tumble Cheer 8-12 yrs 2:30-3:30 James, Mark	Pee Wee Ninja 2:30-3:20 Mark, Sarah