

GYMNASTICS AND NINJA CAMPS!



Ph 631-288-2845

381-14 Old Riverhead Rd, WHB

July 6th-Aug. 20th, 2020

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 may do one or both

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.

Children are grouped by age for our GYMNASTICS and NINJA CAMPS. For Gymnasts and Ninjas, the day consists of about 25 minute rotations in each of the areas of the gym. **We are a peanut free camp!**

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 in the summer can do camp and train with peers and appropriate coach. **Gymnastics camp is open for ages 4-15**. Groups will have the option to try ninja courses as well as gymnastics.

The Ninja 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 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.

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 emergency.

Check boxes below or write names for multiple kids. Pricing is \$356/week or prorated per day.

CAMP SIGN UP SHEET	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7/6-7/9 WEEK 1				
7/13-7/16 WEEK 2				
7/20-7/23 WEEK 3				
7/27-7/30 WEEK 4				
8/3-8/6 WEEK 5				
8/10-8/13 WEEK 6				
8/17-8/20 WEEK 7				

Flip-Flop Gymnastics Registration Form 381-14 Old Riverhead Rd. WH Beach, NY 11978 Ph. (631) 288-2845

Child's Name _____ D.O.B. _____ Age _____ Parents Name _____
 _____ Email Address _____ Billing Address _____
 City _____ State _____ Zip _____ Home Phone _____ Cell Phone _____

Does your child have any known allergies and/or limitations? _____

I fully understand and acknowledge that there are risks and dangers associated with participation in Gymnastics, Tumbling and Ninja Class activities and accept such risks and responsibilities for injuries or damages. I agree not to hold Flip-Flop Gymnastics or any of its instructors or employees liable for injury or damage which may occur to me or my child as a result of participating in classes or related activities. I hereby release, waive, discharge Flip-Flop Gymnastics Inc., its officers, directors, agents and employees from any and all liability to the restraints above while at Flip-Flop Gymnastics. Please sign and date after reading the following: There is a yearly registration fee of \$25 which is good for the entire family. It is due when you join and on the Anniversary of that date the following year. Payment of your class in full will reserve your place. I have read and understand the restrictions regarding refunds, the make-up policy and interacting with my child during his/her class.

Signature _____ Date _____

Credit card# _____ Exp. Date _____ Cvv Code _____