

GYMNASTICS AND NINJA CAMPS!



Ph 631-288-2845

381-14 Old Riverhead Rd, WHB

July 27th-Aug. 19th, 2020

Camp days are offered Monday-Wed 10:00-2:00, select your days and weeks on the parent portal. You may choose 1-3 days/wk.

Parent portal registration at www.flip-flogymnastics.com

Please see special COVID-19 protocol on website

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.

Gymnastics campers MUST be at least 4 yrs old and potty trained. Ninja campers must be 5. No exceptions!
Parents must leave a contact number and be local in the event of an emergency.