



Early Bird  
Discount 20%  
Off! Use  
Promo Code  
CAMP20 code  
expires 4/8

**SUMMER CAMP 2025**  
**10-2PM, MONDAY-FRIDAY**



- Camp runs from Monday- Friday from 10am-2pm beginning 6/30 through 8/22.
- Campers are grouped by age, and we work to each child’s ability. Inform us in advance if you want to be with a friend. We make groups ahead of time, so we will not accept requests the morning of camp. Camps must be 4 yrs old and potty trained to attend.
- Please be sure to sign in at the kiosk upon arrival. Let us know if someone other than mom or dad is picking up.
- Pack a peanut free lunch, snack, and water. No candy please! Please advise us of any allergies.
- You must sign up in advance for camps on the portal. Please do not bring an unregistered child or register the morning of. We staff accordingly.
  - Campers will stretch with their group for the day and have a schedule of 25-minute rotations on each apparatus, including a 25-minute lunch break. They will use bars, balance beams, floor exercise, tumble trak, trampoline, foam pit, vault, traversing rock wall and cargo net. All groups will get to do the ninja courses throughout the day if they desire.
- Camp prices are \$145 per day, before the discount. You may select your own days.
  - Camp days and weeks fill up, so please schedule ahead of time on the portal at [www.flip-flogymnastics.com](http://www.flip-flogymnastics.com)