

# Flipstar GYMNASTICS

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www.FlipstarGym.com -or- fb.com/FlipstarGym

OPEN TO  
ALL KIDS  
EVERYWHERE!  
NO EXPERIENCE  
NECESSARY!

ENROLLMENT IS BY  
PHONE OR EMAIL ONLY  
THE FRONT OFFICE  
WILL NOT BE OPEN

Flipstar is excited to reopen the gym! We have a very specific 3-Phase plan that allows kids to get back into the gym with flexibility should there be a health issue or reclosing of gyms. There are also MANY CHANGES in place to protect your family and our staff.

**We will still HAVE FUN! But with changes to protect everyone.**

As always at Flipstar, class space is limited. We enroll on a first-paid, first-served basis. NO experience is necessary! All activities must be paid in full to reserve your child's spot.

## Phase-1: Begins September 14

### TEAM PRACTICES MOVE INSIDE

> Transition current team members participating in outdoor conditioning/basics to indoor practice

### REGISTRATION BEGINS

- > Beginning September 14, Spring Term 2020 Families may register for Phase-2 camps
- > Beginning September 21, registration for Phase-2 camps opens to EVERYONE!

## Phase-2: Begins September 28

### FLIPSTAR CAMPS!

- > Weekly camps begin for all recreational kids, intermediate/advanced kids, tiny team and all team kids not already participating (see camp info)
- > Registration for Phase-3 classes will begin

## Phase-3: Begins October 12

### FLIPSTAR CLASSES BEGIN

- > Depending on Phase-1 and Phase-2 success and current Executive Orders, we will begin a short term of classes for all kids (with very limited spaces)

## Phase 2 Camps

Back to Gymnastics,  
Only 1-Week  
Commitment!

### Tot Time Camp

AGES 1-1/2 thru 4yrs

- > M-W-F, 4:00-5:00pm
- > Week #1: Sept. 28, Sept 30 and Oct. 2
- > Week #2: Oct 5, Oct 7, Oct 9
- > \$45 per week

#### INFO:

- > Parent Participation Required
- > Similar to Flipstar Classes with songs, coach directed stations and LOTS OF GYMNASTICS FUN!
- > Masks Required for Parent Participants

### Flipstar Fun Camp

AGES 5 and Up

- > M-W-F, 5:30-7:30pm
- > Week #1: Sept. 28, Sept 30 and Oct. 2
- > Week #2: Oct 5, Oct 7, Oct 9
- > \$75 per week

#### INFO:

- > Instruction on Vault, Bars, Beam and Floor LOTS OF GYMNASTICS FUN!!
- > Snacks and Crafts
- > All Abilities - NO EXPERIENCE REQUIRED (kids will be grouped by ability and age)
- > Masks Required for All Kids (except when on apparatus)

NO  
MEMBERSHIP  
FEE  
for Camps!

WE GO ABOVE & BEYOND  
TO KEEP YOUR CHILD SAFE:

- ✓ NEW Whole-Gym Ozone Air Cleaning
- ✓ NEW UV Wands for Equipment Cleaning
- ✓ NEW Sanitization Protocols
- ✓ NEW Offsite Class Viewing Process

## Covid-19 Protocols



1

**STOP! Do not enter if you are sick:** have a fever, have a cough, or have recently been exposed to someone sick.



2

**YOU MUST WEAR A MASK** when entering/exiting and when inside the gym. Required for Ages 4 and up. NOT required when actually working on an apparatus.



3

#### BEFORE ENTERING THE GYM:

1. Remove socks and shoes, place inside your bag.
2. Sanitize your bare feet and hands.



4

#### BAGS REQUIRED:

You must have a personal bag for all your belongings. This bag will travel with you inside the gym.



5

**SANITIZE:** Coaches will sanitize kids (hands and feet) between event rotations. Between classes, equipment will also be sanitized.



6

**SOCIAL DISTANCING REQUIRED:** Maintain 6-foot distance from all others (students, coaches, etc) AT ALL TIMES.

**NEW:**

Watch for  
Details to Come...



Pick-Up / Drop-Off Procedures



Class Viewing Procedures

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