

Sign up for days of fun filled camp at fLipSpot.

All camps include gym activity, snack and craft

233 Kay Industrial Drive
Orion Township, MI 48359
(248) 340-0910

admin@flipspotgym.com
www.flipspotgym.com

500 E Second Street
Rochester, MI 48307
(248) 841-1163



Download the fLipSpot
Mobile App

Camps require pre-registration & minimum of 3 participants per camp. Registration is open until noon the Friday before the camp starts; otherwise late registration fees apply - \$5.00 per day. Camps include activity, snack & craft.

Morning Camps/\$40 Per Day	Monday - Friday 8:30am-12:00pm
Afternoon Camps/\$40 Per Day	Monday - Thursday 12:30am-4:00pm
Full Day Camp/\$80 Per Day	Monday - Thursday 8:30am-4:00pm

Full Day (Monday - Thursday) campers bring a sack lunch.
Camp cancellations result in a credit on your fLipSpot account.
A 10% non-refundable fee applies to students dropping/cancelling/switching camp days.
No refunds will be issued.

New fLipSpot students must add the \$25.00 annual registration fee.



Lake Orion

Rochester

233 Kay Industrial Dr, Orion Twp, MI 48359 (248) 340-0910 or 500 E. Second St, Rochester, MI 48307 (248) 841-1163

2021 Summer Camp Schedule

Orion

Rochester

JUNE	8:30am-12:00pm (M-F)	12:30pm-4:00pm (M-Th)	JUNE	8:30am-12:00pm (M-F)	12:30pm-4:00pm (M-Th)
6/7-6/11	Just Having Fun @ fLipSpot	Trampoline & Tumble	6/7-6/11	No camp offered in Rochester this week	
6/14-6/18	Girls & Boys Gymnastics	Ninja	6/14-6/18	Just Having Fun @ fLipSpot	Trampoline & Tumble
6/21-6/25	Bars, Beam & Rings	Olympic	6/21-6/25	Girls & Boys Gymnastics	Ninja
6/28-7/1 (4 days only)	Ninja	Just Having Fun @ fLipSpot	6/28-7/1 (4 days only)	Bars, Beam & Rings	Olympic
JULY			JULY		
7/6-7/9 (4 days only)	Cheer OR Olympic	Trampoline & Tumble	7/6-7/9 (4 days only)	Ninja	Just Having Fun @ fLipSpot
7/12-7/16	Intro to Tumbling OR Just Having Fun @ fLipSpot	Ninja	7/12-7/16	Cheer OR Olympic	Trampoline & Tumble
7/19-7/23	Tumbling OR Trampoline & Tumble	Olympic	7/19-7/23	Intro to Tumbling OR Just Having Fun @ fLipSpot	Ninja
7/26-7/30	Intermediate/Advanced Tumbling OR Just Having Fun @ fLipSpot	Bars, Beam & Rings	7/26-7/30	Tumbling OR Trampoline & Tumble	Olympic
AUGUST			AUGUST		
8/2-8/6	Ninja	Girls & Boys Gymnastics	8/2-8/6	Intermediate/Advanced Tumbling OR Just Having Fun @ fLipSpot	Bars, Beam & Rings
8/9-8/13	Olympic	Trampoline & Tumble	8/9-8/13	Ninja	Girls & Boys Gymnastics
8/16-8/20	Just Having Fun @ fLipSpot	Ninja	8/16-8/20	Olympic	Trampoline & Tumble
8/23-8/27	Ninja	Trampoline & Tumble	8/23-8/27	Just Having Fun @ fLipSpot	Ninja
8/30-9/2 (4 days only)	Trampoline & Tumble	Just Having Fun @ fLipSpot	8/30-9/2 (4 days only)	Ninja	Trampoline & Tumble

Instructional/Tumbling

Girls & Boys Gymnastics Camp – These camps are designed for the recreational gymnast. Exposure to all apparatus and basic gymnastic techniques. Learn by building new skills while having fun. Ages 4+

Intro To Tumbling Camp– Campers work on all basic tumbling skills beginning with drills, technique and conditioning. Focus on front and back rolls, bridges, handstands and cartwheels. Ages 4+

Bars, Beam & Rings Camp – A camp opportunity to spend extra event time on bars, rings and beam. Tumbling skills and strengthening exercises included. Ages 4+

Tumbling Camp – Campers have an opportunity to practice all tumbling skills using drills and techniques needed to master skills such as handstands, cartwheels, round offs, backbends ect. **SKILLS REQUIRED** – Prior tumbling or gymnastics classes. Ages 5+

Cheer Camp – This camp provides an opportunity for training in all areas of cheer, including tumbling, jumps, motion drills and if available stunting. Creative fun is used to become stronger to master skills helping to achieve your personal best. Ages 5+

Intermediate/Advanced Tumbling Camp – Camp focuses on drills, technique, and conditioning needed to achieve and/or maintain walkovers, handsprings and if appropriately ready front/back tucks. **SKILLS REQUIRED** – Prior Intermediate tumbling or gymnastics classes. Ages 7+

Recreational/Themed

Olympic Camp – This camp focuses on routines through the use of drills and technique. Campers will experience a Gold Medal thrill. Ages 5+

Just Having Fun @ fLipSpot Camp– Using the gym Just for Fun – building forts and obstacle courses, playing games and relays, along with the trampoline. Creative ways to Have Fun @ fLipSpot. Ages 4+

Trampoline & Tumble Camp – For the recreational gymnast. Jump, jump and more jumping!! Trampoline, tumble track and tumbling. Jumping games, skills and safety are a focus. Ages 4+

Ninja Camp – This camp provides high levels of activity for the energetic child. Scaling, climbing, and jumping along with balance and strength techniques to stimulate innovative fun. Ages 4+