

All Things Gymnastics Camp

Begin your dream of being a gymnast at our gymnastics camp! Join us as campers learn to run, jump, balance, swing, and tumble through the basics and beyond of the men's and women's gymnastics events.

Cheer Camp

2, 4, 6, 8... Cheer at fLipSpot is totally great! Grab your poms and hit the floor to work on stunts, jumps, motion drills, and tumbling. Train in all areas cheer has to offer while building strength, flexibility, and mastering skills!

Tumbling Techniques Camp

Flip and play in a new, fun way! Learn new tumbling skills or master ones you've been practicing with drills created to build your strength and flexibility. Cartwheels, handstands, round-offs, backbends, and more will be practiced in a safe, fun environment.

Flip & Fun at fLipSpot Camp

Hit the stopwatch and tally the points, our camp of fun is here! Spend the day playing games, conquering obstacle courses, and bouncing into fun! Interactive team games mixed with gymnastics activities will provide engagement all day. Exercise, make new friends, and practice team work while having fun!

Trampoline & Tumble Camp

Tick, tick, BOOM! Our trampoline and tumble camp is dynamite. Campers will spend plenty of time jumping and tumbling in a variety of ways. Our trampolines, tumble trak, spring floor and foam pit will be utilized for skill building and games!

Ninja Camp

Between secret missions and stealthy operations, climb, jump, and navigate your way through an exciting obstacle course! Ninjas will have foam pit fun while utilizing the rope. Practice balance and strength techniques while scaling walls, jumping off blocks, and climbing mats. Ninjas will build speed and strength while having high energy fun!

- ★ Annual registration fee of \$25 applies if camper is not a current student
- ★ Must enroll by 12pm the Friday before camp begins to avoid extra fee
- ★ Extra fees apply to late enrollment, switching times/days, and cancellations
- ★ Camp cancellations result in a credit on your fLipSpot account
- ★ Minimum of 3 participants are required for camp to run

Lake Orion fLipSpot

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Orion Township, MI 48359

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Rochester fLipSpot

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Rochester, MI 48307

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Summer Camps

www.flipspotgym.com

Lake Orion

Week of	Morning 8:30am-12pm (M-F)	Afternoon 12:30pm-4pm (M-Th)
6/9-6/13	Trampoline & Tumble Camp	Ninja Camp
6/16-6/20	All Things Gymnastics Camp	Flip & Fun at fLipSpot Camp
6/23-6/27	Ninja Camp	Tumbling Techniques Camp
7/7-7/11	Cheer Camp	Flip & Fun at fLipSpot Camp
7/14-7/18	Tumbling Techniques Camp	All Things Gymnastics Camp
7/21-7/25	Ninja Camp	Trampoline & Tumble Camp
7/28-8/1	Flip & Fun at fLipSpot Camp	Cheer Camp
8/4-8/8	Trampoline & Tumble Camp	All Things Gymnastics Camp
8/11-8/15	Tumbling Techniques Camp	Ninja Camp
8/18-8/22	Flip & Fun at fLipSpot Camp	Trampoline & Tumble Camp
8/25-8/29	All Things Gymnastics Camp	Ninja Camp

Rochester

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★ Morning camp - \$45/per day Monday-Friday

★ All camps ages 4-16

★ Camp includes snack break

★ Afternoon camp - \$45/per day Monday-Thursday

★ Full day campers must bring sack lunch

★ Send camper with athletic shoes as some activities may be outside!