



Summer Camp Parent Handbook

Times of Operation:

Monday through Friday from 7:30AM to 6:00PM

Enrollment Procedure:

1. Fill out our online registration at flipforcegymnastics.com.
2. Print and fill out all registration forms or stop by the office to fill out.
3. Turn all forms into the office and pay registration(if applicable) and deposit at the time of sign up. You may email them to us at flipforcegym@gmail.com but we must reply with confirmation or we will call you with any questions to finish your enrollment process.

Pricing:

\$180/week

\$45/day

Sibling Discount: \$15/per week signed up for

Team Athletes: \$125/week

\$30/day

Camp Tuition Payments and Deposit:

As a reminder, all campers must be registered in advance to attend Summer Camp. A \$10.00 per week deposit is required at the time of registration per child. Your \$10.00 deposit is included in your tuition and is not an additional fee. Deposits are non-refundable; however, if you cancel within the guidelines outlined below or have a family emergency, the deposit can be used towards another week of summer camp.

Auto-draft is mandatory and will be processed the Thursday prior to your scheduled camp (i.e. if you are registered for Monday, June 12th your payment will be drafted Thursday, June 8th). A two week cancellation notice is required otherwise your account will be drafted.

Failure to make payment in full for the week will result in a forfeiting of your spot, regardless of deposit, and will place you on a waiting list that will be added to camp on a first come first served basis. Your child may NOT attend camp if their balance is not paid in full.

Cancellation Policies:

We require a two week notice for all cancellations. We will not credit your account for camps not attended without proper notification. You must notify the office and not your camp counselor that you will be absent from camp. The office can be reached through email at flipforcegym@gmail.com at any time or by phone during our regular office hours of 12:30 – 6:30 p.m. Monday-Friday. Failure to notify the office will result in a full payment of camp regardless of attendance.

There are NO makeups for missed days of camp. Additionally, you may not simply exchange days within the week. The office must be notified of any changes, not simply cancellations. Our student: staff ratio is very important. In cases of family emergency, illness or injury we will make arrangements with you regarding absences but these must be communicated. Doctors notes are required if absences are due to illness or injury.

Drop Off and Pick Up Policy:

The gym opens promptly at 7:30 a.m. Campers are NOT allowed to be dropped off prior to 7:30 a.m. Your child must be escorted in through the front of the building. Please DO NOT drop your child off unattended outside of the gym. A camp counselor will be available for check in and you will need to check out through the front office to ensure the safety of your child. Your child is not required to be dropped off at 7:30 a.m., however, if you drop them off after they must still be escorted by a parent or guardian and checked in or out.

If you are late for pick up, your account will be charged \$10.00 per every 15 minutes per child. We are willing to work with you in situations where you are unavoidably late however; we do ask that you communicate with us.

Class or Team children that have practice at 6:30 pm may not be left unattended after camp ends at 6:00 PM. Please make arrangements for your child to be supervised while waiting for their practice to begin.

IF an individual other than the parent/ guardian is picking up the child, the parent must notify the staff in advance via email at flipforcegym@gmail.com. The individual picking up will be asked to verify their name and may be required to show an ID.

Sickness Regulations:

If a child becomes ill while in the program, parents/emergency contacts will be contacted immediately and expected to pick up the child as soon as possible. We will make sure the child is taken care of and made as comfortable as possible until a parent arrives. If a child is showing signs of illness while at home, please do not send the child to the program. If a child has a fever of 100F or above, they must not return to the program until 24 hours after the fever has passed. Any child whose physical condition appears to be unsafe to other children and staff will not be permitted to stay.

Injury Policy:

If a serious injury occurs at the program, the parents/emergency contacts will be contacted immediately. If necessary, emergency services will be contacted for assistance. Staff members will also be required to complete an injury report for serious injuries.

Lice Policy:

While parents have the main responsibility for the detection and treatment of head lice, we will work in a cooperative and collaborative manner to assist all families to manage head lice effectively. If a child develops lice while at Flip Force Gym, a parent will be contacted to come pick up the child. A child may return to Flip Force once they have been fully treated and have no live lice or nits.

Administering Medication Policy:

If your child needs to have medication administered during the day, you will need to fill out a medication authorization form that must be kept in the office. This applies to daily medication, as well as temporary, even if it is over the counter medicine. Please do not allow your child to carry medication on their person, in their bags or to self-administer their medicine. All medication must be kept in the office. Please notify us of any allergies on your registration form as well as on your parent portal account. We do not administer any medication to reduce pain or fever. We ask that if at all possible, medication be given to your child at home.

Personal Belongings:

Each child will have a place to store their personal belongings. They will be able to store backpacks, coats, extra clothes, etc here. It is important that the child/parent remove all items at the end of each day.

We are not responsible for any stolen, lost, or damaged personal items such as phones, ipods, tablets, etc. Your child may be asked to put it away during specific group activities. If your child needs to contact you, they are always welcome to use our office phone.

Discipline Policy:

At Flip Force Gym, there is a 3-strike rule for discipline.

1. Verbal Warning
2. Time Out
3. Removed from the group and parents will be called

Under no circumstances will hitting, kicking, punching, spitting, and/or verbal abuse including foul language or disrespect to others be permitted. Bullying is not tolerated. Children will always be supervised, and all inappropriate behavior will be handled by a Flip Force Gym Staff Member or Program Director.

Any serious misbehavior or situations that parents should be aware of, will be documented and a parent will be required to sign at the time of pick up.

If a child becomes physical or displays any form of bullying, the parents will be contacted immediately for the child to be picked up. A meeting will be scheduled with the program director and the parents and children involved. We reserve the right to suspend a child for repeated serious misbehavior. During that time, you will be charged half of your weekly tuition to reserve their spot in our program. Any questions regarding billing, please contact our office at 336-996-5158 or flipforcegym@gmail.com.

*We strive to teach your children respect and positive behavior. Please help us make our facility a positive environment by going over these policies with your child.

*At Flip Force Gym, physical punishment and verbal abuse including making fun, yelling at, threatening, or using profanity towards children by any staff is not tolerated.

*Parents may request a meeting with the program director at any time.

*Parents are not allowed to speak to other children about behavior without that child's parent present.

Sunset Slush & Water Day:

Each Wednesday, there will be Sunset Slush and Water Day at FFG. Sunset Slush will come to FFG. Sunset Slush is \$3/child. Students will need to bring a swimsuit, towel, change of clothes, etc.

Field Trips:

Field trips are to be announced and will require signup. Additional fees may apply. Limited spots available. If your child does not attend a field trip, they will remain at the gym with other camp kids and camp staff to do other camp activities and gym time.

Lunch & Snack Time:

There will be a morning and afternoon designated time for the children to eat snack. Please pack your child a lunch & 2 snacks. We encourage you to pack your child healthy snacks & lunch to give them energy throughout the day. We ask that all students bring a water bottle each day. They will be able to refill them but we will be limiting the use of our water fountain due to health and hygiene safety.

Gymnastics Policy:

Your child will receive ample time on gymnastics equipment including but not limited to: bars, beam, rings, trampoline, double mini, tumble trak, floor, and gymnastics mats. If you wish for your child to partake in instructional gymnastics, we recommend signing up for a gymnastics class. This class can be taken while they are in summer camp. Please contact the office in advance to sign up for a class.

Bathroom Policy:

Students are welcome to use the restroom at any point during the day. There are not specific bathroom breaks aside from washing hands before snack and lunch time. Your child MUST be potty trained to attend our camp*repeated accidents are not acceptable*.

FLIP FORCE GYM SUMMER CAMP 2023 PARENT HANDBOOK

Authorization for activity & acknowledgement of policies

I give permission for my child: _____ to participate in summer camp activities. I have informed Flip Force of any physical or medical conditions affecting my child that may limit his/her full participation. I have also informed Flip Force of any allergies and/or medical info that is pertinent in caring for my child.

I have read and understand the rules, regulations and policies for Flip Force Summer Camp 2022.

Parent Name: _____

Parent Signature: _____

Date: _____

Information Card FFG Summer Camp 2023

Childs Name: _____ Birthday: _____ Age: _____ T-shirt: _____

Medical Information:

Allergies: _____

Medications: _____

Other: _____ Special Instructions: _____

Circle one: Mom Dad Other: _____
Name: _____
Best way to contact: (circle one) Phone Email
Phone: (_____) _____ - _____
Email: _____

Circle one: Mom Dad Other: _____
Name: _____
Best way to contact: (circle one) Phone Email
Phone: (_____) _____ - _____
Email: _____

Camper Lives with: Mom Dad Other: _____

In the event of an emergency, the three following individuals will be contacted if the parents are unavailable. The child may also be signed out and released to the following individuals:

1. Name: _____ Relationship: _____
Phone: _____
2. Name: _____ Relationship: _____
Phone: _____
3. Name: _____ Relationship: _____
Phone: _____

I understand that I must sign my child up separately for Sunset Slush. Sunset Slush is an additional fee. These fees must be paid in order for your child to receive Sunset Slush.	I give the staff at Flip Force Gym permission to apply sunscreen to my child. Sunscreen should be dropped off to the summer camp director the first day that the child attends camp.
	[] YES [] NO
Parent Signature: _____	Date: _____

Full Day Camp Rates	Daily	Weekly		Competitive Team Athletes	Daily	Weekly
	\$45	\$180			\$30	\$125

Nonmember Registration	1st Child	2nd Child	3rd Child
	\$25	\$15	\$10

	Child's Name 1						Child's Name 2						Child's Name 3				
Week 1: June 12-16	M	Tu	W	Th	F		M	Tu	W	Th	F		M	Tu	W	Th	F
Week 2: June 19-23	M	Tu	W	Th	F		M	Tu	W	Th	F		M	Tu	W	Th	F
Week 3: June 26-30	M	Tu	W	Th	F		M	Tu	W	Th	F		M	Tu	W	Th	F
Week 4: July 3-July 7 No Camp	X	X	X	X	X		X	X	X	X	X		X	X	X	X	X
Week 5: July 10-14	M	Tu	W	Th	F		M	Tu	W	Th	F		M	Tu	W	Th	F
Week 6: July 17-21	M	Tu	W	Th	F		M	Tu	W	Th	F		M	Tu	W	Th	F
Week 7: July 24-28	M	Tu	W	Th	F		M	Tu	W	Th	F		M	Tu	W	Th	F
Week 8: July 31-August 4	M	Tu	W	Th	F		M	Tu	W	Th	F		M	Tu	W	Th	F
Week 9: August 7-11	M	Tu	W	Th	F		M	Tu	W	Th	F		M	Tu	W	Th	F
Week 10: August 14-18	M	Tu	W	Th	F		M	Tu	W	Th	F		M	Tu	W	Th	F
Week 11: August 21-25	M	Tu	W	Th	F		M	Tu	W	Th	F		M	Tu	W	Th	F

Water Day

Water Day at FFG: child must bring swimwear, towel, change of clothes, sunscreen etc.

Summer Camp Field Trips 2023

Please check each field trip you wish for your child to attend. These field trips are additional fees and dependent upon space available. Transportation is provided by Flip Force Van driven by a Flip Force Gym Staff Member. These field trips are optional and not required. If you choose for your child to not attend, they will stay at the gym with another Flip Force Staff Member. Field trip space is first come, first serve. Your child may be placed on a waiting list if a field trip is full. The field trip fees will be drafted with your weekly camp tuition.

Bowling will take place at Countryside Lanes in Kernersville.

Art at FFG will be with local artist Amy Beth Cruz Art.

Food Science at FFG will be with Alex Perez from The Tasty Palette.

If you wish to sign your child up for any field trips, please fill out the following chart and sign the autodraft statement at the bottom.

Child's Name: _____

Week	Date	Time	Field Trip	Price	Check If Attending
1	Monday, June 12	10 AM- 11 AM	Bowling	\$2	
1	Tuesday, June 13	11 AM – 12 PM	Art at FFG	\$5	
1	Wednesday, June 14	1 PM	Sunset Slush at FFG	\$3	
1	Thursday, June 15	10 – 11 AM	Sedge Garden Park Splash Pad	\$0	
2	Monday, June 19	10 - 11 AM	Triad Park	\$0	
2	Tuesday, June 20	11 AM -12 PM	Art at FFG	\$5	
2	Wednesday, June 21	1 PM	Sunset Slush at FFG	\$3	
2	Thursday, June 22	9:30 AM – 12:30 PM	Miriam P. Brenner Childrens Museum	\$9	
3	Monday, June 26	10 - 11 AM	Bowling	\$2	
3	Tuesday, June 27	10 AM - 11 AM	Triad Park	\$0	
3	Wednesday, June 28	1 PM	Sunset Slush	\$3	
3	Thursday, June 29	10 AM - 11 AM	Sedge Garden Park Splash Pad	\$0	
5	Monday, July 10	10 - 11 AM	Bowling	\$2	

Week	Date	Time	Field Trip	Price	Check If Attending
5	Tuesday, July 11	1:30 PM – 2:30 PM	Food Science at FFG	\$9	
5	Wednesday, July 12	1 PM	Sunset Slush	\$3	
5	Thursday, July 13	10 AM - 12 PM	Greensboro Science Center	\$17	
6	Monday, July 17	10 AM - 11 AM	Triad Park	\$0	
6	Tuesday, July 18	10 AM – 11 AM	Sedge Garden Park Splash Pad	\$0	
6	Wednesday, July 19	1 PM	Sunset Slush	\$3	
6	Thursday, July 20	10 – 11 AM	Fourth of July Park	\$0	
7	Monday, July 24	10 AM - 11 AM	Bowling	\$2	
7	Tuesday, July 25	11 AM – 12 PM	Art at FFG	\$5	
7	Wednesday, July 26	1 PM	Sunset Slush	\$3	
7	Thursday, July 27	10 - 11 AM	Sedge Garden Park Splash Pad	\$0	
8	Monday, July 31	10 AM - 11 AM	Triad Park	\$0	
8	Tuesday, August 1	11 AM – 12 PM	Art at FFG	\$5	
8	Wednesday, August 2	1 PM	Sunset Slush	\$3	
8	Thursday, August 3	10 - 11 AM	Sedge Garden Park Splash Pad	\$0	
9	Monday, August 7	10 AM - 11 AM	Bowling	\$2	
9	Tuesday, August 8	11 AM – 12 PM	Art at FFG	\$5	
9	Wednesday, August 9	1 PM	Sunset Slush	\$3	
9	Thursday, August 10	9:30 AM – 12:30 PM	Miriam P. Brenner Childrens Museum	\$9	
10	Monday, August 14	10 AM – 11 AM	Triad Park	\$0	
10	Tuesday, August 15	11 AM – 12 PM	Art at FFG	\$5	
10	Wednesday, August 16	1 PM	Sunset Slush	\$3	
10	Thursday, August 17	10 – 11 AM	Sedge Garden Park Splash Pad	\$0	
11	Monday, August 21	10 - 11 AM	Bowling	\$2	

Week	Date	Time	Field Trip	Price	Check If Attending
11	Tuesday, August 22	1:30 PM – 2:30 PM	Food Science	\$9	
11	Wednesday, August 23	1 PM	Sunset Slush	\$3	
11	Thursday, August 24	10 AM - 12 PM	Nido & Mariana Quebin Museum	\$9	

Flip Force Gym has my permission to draft the associated field trip fees with my weekly Summer Camp Tuition. If we do not receive a 2-week cancellation notice, your account will be drafted. By my signature below, I acknowledge that I have read, understand and agree to the terms and conditions.

Parent Name: _____

Parent Signature: _____