

Let Us Ease Your Mind About



Returning to the Gym!



1) SAFETY FIRST

- a. The staff at Gotta Flip is closely following all CDC recommendations and guidelines. Athletes and families will feel safe in our socially distanced class settings and also witness constant sanitation of equipment and surfaces before, during, and after all classes. Athletes should also feel comfortable knowing coaches can spot if families provide permission for spotting and will also respect their social distancing space. Gotta Flip is also providing contactless payment options and gear ordering for family safety as well!

2) GET SOCIAL AGAIN

- a. Our athletes have been missing social interactions with their friends! Athletes will be encouraged to socially interact with each other while still practicing social distancing and having fun doing gymnastics. You never know, you might even make a new friend!

3) PHYSICAL ACTIVITY

- a. Being quarantined may have affected our daily physical activity. Get back into the gym for a class setting designed with athlete safety in mind by maintaining 6 feet apart at all times while also engaging athletes in constant physical activity and movement. There is no more waiting in line for a turn as athletes will move through continuous stations while building strength, flexibility and skills. Coaches will support athletes in these continuous stations and also work one on one with each athlete in the class on specific events to build confidence and skills.

4) RETURN TO A SENSE OF NORMAL

- a. Our world and daily lives have definitely been altered, but give your family a sense of “normal” by getting involved in sports and activities again! This gives your child a chance to get out of the house, be active, and stay safe just like they used to! Parents will also feel comfortable knowing we have virtual viewing options for classes as well as viewing appointment scheduling options.

WHAT OUR MEMBERS ARE SAYING AFTER WEEK 1 OF REOPENING:

“It feels good to be back in the gym! I’m so impressed with how they set everything up so efficiently!”

“We are so happy to be back in the gym! Thanks for making this happen!”

“My daughter had an awesome night. She told us about everything. She was so happy to be back with her teammates and coaches! Thanks for making it possible for the team to be together again!”

“Tonight was my daughter’s first night back in the gym and she was so pumped to get back! When I picked her up she talked about how the gym has it together and is so organized and told me all about the new process and what she did. I just want the coaches to know grateful and appreciative we are for all your effort and hard work to make life feel a little more like normal. Great Job!”

“My son is loving being back in the gym!”

“My daughter has been nervous about being in a group after being mostly at home – your organization and flow put her at ease. Thank you!”