



The Flipside

Keeps You Informed!

The Flipside Newsletter is published twice each session to keep you informed of the upcoming events, information, and schedules at Jump Start Gymnastics. We encourage you to read it completely and keep it as a reference.



Fall is Coming to an End

While the colors of fall are just beginning to show, around here we are wrapping up our fall session and thinking about winter already! We have really enjoyed having you and your children here at Jump Start and hope to see you for our winter session too! This session has just been great. It has been fun getting to know all the new students and new instructors! Since our last newsletter, we introduced



another new instructor...Mr. Martel. He has been training with Ms Dawn and others to take over some of the younger boys classes. Mr. Martel has experience tumbling and also in hip hop and jazz.

The Fall Session runs through Saturday, November 1st. During the last two weeks of the session, your child should receive a progress report to inform you of what your child has been learning this

session. You also should have let the office know if you will be continuing during the Winter Session. If you are not planning on attending the first Winter Session, please note the second Winter Session will begin February 2nd.

Winter Session One will begin on November 3rd and run through January 31st. There will be 10 classes during this time and three weeks of no classes due to the holidays.

Important Dates:

- October 15
Open Registration Begins
- October 25
Spooktacular Party
- October 27-Nov 1
Camera Week
- October 31
Halloween - No PM Classes
- November 1
End of Fall Session
- November 3
Winter Session Begins
- November 22
Super Saturday Night
- November 24
Labor Day Make Up
- November 25
General Make Up Day

Treat Week - The last week of our fall session (October 27-November 1) is also the week before Halloween. During that week, we will be celebrating by allowing preschool students only to arrive in costume and also by handing out "treats." Preschool students will receive goodie bags & straws and School Age students will receive a piece of candy. If you have any concerns, please talk to your child's instructor.



Spooktacular Party

Saturday, October 25th
4:00-6:30pm
For ages 5yrs & up

Join us for a ghoulish time at our annual Halloween Party! There will be costumes, crafts, (pretend) wiener roast, games and gymnastics activities. Children should arrive in costume and bring a change of

clothes to participate the other activities. Parents are not required to stay. Party is geared towards school age children.

The cost is \$15.00 per child. Advance registration required by October 20th. Space is limited.



Please Note:

- Do Not Climb on Bleachers or Half Wall
- Lost and Found is located on the half wall between the bleachers and toy area
- When you arrive for your evening classes, please place your belongings in a cubby and stand by your class sign on the wall

www.JumpStartFun.com
Check out our website!
You can see a full class schedule, teacher pics and bios, upcoming events and even read the newsletter online!

What if My Child Misbehaves?

Our mission at Jump Start is to educate children in a safe and fun learning environment. In order to provide this safe environment, children need to listen to their instructor and stay with the class. Especially with little ones, we know that directions may not be followed 100% and we expect that. It is important however that the children are acting in a safe way. We also understand that everyone has a bad day every once in a while. If your child is having one of these days in class, they may not be listening or staying with the class. The instructors are trained to handle behavior problems and do their

best to correct the behavior during class. In some circumstances however, for the safety of themselves and the rest of the children in the gym, as a last resort the instructor may send the child to sit with their parent or accompanying adult until they can be safe and listen. Please do not immediately send them back to class. Take a few minutes to talk to your child and help to reinforce our rules and expectations. When your child can return to participate in a safe manner, please feel free to send them back to class. If you feel your child cannot return and participate safely, we suggest

that reschedule the class for another day. Also, feel free to call and discuss with your child's teacher any behavior techniques that you know work for your child.

Bad days happen and we expect them. We all just need a little extra support on those days. Thanks!

THANK YOU

Columbia Rug/Carpet One for donating some new carpet squares! We really appreciate it! Visit them on War Memorial near Target or call them at 692-5040 for all your carpet needs!

Jungle Jamboree

As the weather turns colder and going outside is less of an option, consider coming to Jump Start for a fun and safe alternative place to play!

What is Jungle Jamboree?

An new open play program provided by Jump Start Gymnastics. Children three and under, with their adult buddy, are welcome to attend an unstructured play time on the gym floor. Toys, activities and games will be provided. Children will not be allowed to play on the gym equipment during this time. Staff members will be on hand to help provide a safe environment, but will not be administering a class.

When will Jungle Jamboree be offered?

Monday, November 10th

11:15am-12:15pm

Monday, December 8th

11:15am-12:15pm

Beginning in January, we will offer Jungle Jamboree twice a month. Dates TBA.

Cost is \$5.00 per child.

So come join us for some interactive fun indoors this winter!



How to Read School Age Progress Reports

At the end of this 10 week session, your child will receive a copy of his or her Skill Card. Every instructor monitors each child's progress individually. On the copy of your child's skill card, you will see the focus skills listed for each event as well as the flexibility and strength requirements for the level your child is working on. When a child masters a skill, the instructor will date and initial their card. A skill is considered mastered when the child can perform the skill three out of four times with relatively good form and technique. When a child has mastered the required number of skills for the particular level they are working on (usually 80% of the skills listed), the student receives a certificate and the instructor begins a skill card for the next level. It is not uncommon for a child to complete the red level in a short amount of time and take considerably longer at the next levels. Each level builds on the previous level and the skills get increasingly more difficult and harder to master. In addition, as the student progresses through the levels, our instructors are trained to require students to master skills with a higher degree of technique and form. If there is nothing marked next to a skill, this may indicate 1) the student has not mastered that skill or 2) the skill has yet to be introduced or worked on in class. If at any time you have questions or concerns about your child's progress, please feel free to contact your child's instructor.

Team News

Jump Start Gymnastics has a competitive team called the Jump Stars. This team is made up of 20 girls ages 5-18 who train between 9 and 16 hours a week. Each girl competes in four events: bars, beam, vault and floor. Ms. Renee is the head coach and gets help from Ms. Jenny, Mr. Aaron and Ms. Cassandra. On October 25th, the team will compete in their first meet of the season at the Monster Mash in Springfield, IL. We wish them the best of luck! Watch for results to be posted!

Don't Get Sick!



It's that time of year again! I'm not talking about the leaves changing or trick or treating. I'm referring to this time of year when everyone begins to get sick. With nearly 750 children running through Jump Start every week, we do our best to keep the building clean and germ free with daily cleaning and disinfecting. If your child is ill, please do your part by not bringing them and scheduling a make up for when they are better. We also suggest washing your hands before and after classes.