



Jammin' at Jump Start—Annual Gym Show

Welcome Spring! Although the weather hasn't made it seem like spring, it still feels like spring around here at Jump Start. Why does it feel like spring? Because this is the time of year that we are preparing for and looking forward to our Gym Show! If you haven't been involved in this annual event, you won't want to miss it. The gym is

transformed into a show place for all of our students to show off their skills and accomplishments for parents, friends and relatives. This year's theme, "Jammin' at Jump Start", promises to be a fun time for everyone. You won't want to miss the finale complete with a disco ball! Gym Show information &

registration forms have been distributed to all students. Advance registration is required by April 18th. For more details, stop by the front desk!

May 29th (School Age) 6:00-8:00pm

May 30th (PreSchool) Starting @ 10:00am

Jump Start
Kid's Activity Center
8820 N Industrial Road
Peoria, IL 61615
309-692-5867
www.jumpstartfun.com



The Flipside Newsletter is published two times 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.

Help us make Jump Start the best place for kids!!

Please take a few minutes to fill out and return the attached survey. We try our best to offer quality programs in a safe learning environment. We truly value your thoughts and comments and want to know how we are doing. By filling out the attached questionnaire and returning it to the front desk by April 25th, you will be eligible for a drawing to win a gift certificate good for \$25.00 off tuition. This gift certificate can be used toward your summer '09 or fall '09 tuition. Thank you in advance for helping us improve the quality of our programming and services!

Jungle Jamboree/Preschool Play Dates

Jump Start is proud to boast two new programs for preschool age children. Jungle Jamboree is an open play time for children who are 3 years old and younger. Preschool Play is an open play time for children 3-5 yrs. The gym floor is filled with balls, tunnels, building blocks, legos, mats, and so much more for youngsters to explore. Our staff will be on hand to supervise this unstructured play time. Come enjoy some indoor play with your tot and some adult conversation with other mommies and caregivers! Everyone is welcome! You do not need to be enrolled in classes at Jump Start to participate. Programs are offered once or twice a month for one hour. Check our website or the front desk for the upcoming Jungle Jamboree/Preschool Play dates. Cost for both programs in only \$5.00 per visit.

Open Gym & Vendor Fair

Open Gym - On April 25th, Jump Start is offering an Open Gym time for school age students and their friends. Children in Kindergarten and older are welcome to come to Jump Start from 4:00-6:00pm and work on skills or just hang out in the gym and have some fun. Jump Start

staff will be on hand to assist with skills and organize games and other activities. The cost is only \$8.00.

Vendor Fair - many of our parents have home based businesses or are involved in organizations that they would like to share with others. During our Open

Gym on April 25th from 4:00-6:00pm, our patrons will be showcasing their businesses and organizations at Jump Start. Please stop by Jump Start to see what they have to offer. There will be giveaways and other fun stuff!



Team Time - Season Ends with the Crowning of State Champions!

We are very proud of the accomplishments of all of our team members! For those not familiar with our team program, Jump Start is home to approximately 20 competitive gymnasts who train 9-14 hours a week and participate in competitions throughout the state of Illinois. These young ladies range in age from 7-18 years of age. They had a phenomenal 2008-2009 competition season winning many individual awards as well as top team honors in several events. Special recognition goes to those who took top honors at State Competitions: Tessa Seibel and Danielle Dutart - Level 4 State All Around Champions, Olivia Devanna - Level 4 State Vault Champion, Danielle Dutart- Level 4 State Floor Champion, Tess Seibel-Level 4 State Balance Beam Champion. Other state qualifiers* and team members included (Level 4's) Claire Blaine*, Caleigh Ludolph*, Erin Koch*, Jurnee Fowler*, Gracie Bowman*, (Level 5's) Alex Gupta*, Jessica Snyder*, Kristina Dutart*, Stephanie Domnick*, Sophie Miller*, Emma Rohn*, Simone Holmes*, Katrina Schache*, Diana Thomas, (Level 6/7) Elizabeth Bowman*, Kristin Barra*. Coaches: Renee Campbell, Jenny Hoffman, Cassandra Judy and Aaron Tilton. Great Job, Jump Stars!!

Birthday Parties

No Stress, No Mess Birthday Parties at Jump Start

Looking for an easy way to celebrate your child's next birthday? Consider having a birthday party at Jump Start. For only \$175.00 you will receive everything you need



to create a memorable experience for your child. And the best part, all you do is send out the invitations (included in the price) and show up and relax! We will do the rest! Jump Start staff will entertain your child and guests in the gymnastics area for one hour with age appropriate activities. After that, everyone will be escorted to the birthday party room where our staff will have everything ready and waiting to complete your party. The table will be set with plates, napkins, and utensils (all included in the price). The staff will set up and serve the cake and juice (included in the price). While the birthday child is opening gifts, we will clean up the mess and help you pack up! Dates and times fill fast! Call today to reserve your day and time. Check out the new convenient afternoon weekday times added to our birthday schedule.

No Bummer Summer Camps

Jump Start Gymnastics will continue to offer its ever popular summer camp program. Our "No Bummer Summer Camps" have become a great way for students and their friends to experience gymnastics fun and so much more!

Our THEMED PRESCHOOL CAMPS have been described as "over the top!" Parents are amazed at the creativity and activities we pack into four short days. Our typical day at our preschool camps begins at 9:00am and includes a 45 minute gymnastics class, themed crafts, activities, snacks, imagination play, and so much more!

Jungle Week June 22-25th

We'll visit the jungles of the world with Diego and friends and learn all about the animals, plants and insects that live there.

Fairy Tale Week June 29th-July 2nd
Everyday we will read and engage the children's imaginations in a classic fairy tale. We will be building gingerbread and stick houses, planting a beanstalk, and so much more!

Cartoon Week July 13-16th

This is dress up week! Every day we will dress up like our favorite cartoon or Disney characters and enjoy lots of imagination play. Each day will be different group of characters to choose from. The week will conclude with our Prince and Princess Ball. You won't want to miss it the extravaganza!

Beach Week July 20-23rd

We're going to bring the outdoors indoors! We will build sand castles, collect sea shells, have a water

balloon toss, play water games, and so much more! Weather permitting, we will go outdoors too!

Girls Gymnastics Camp is a concentrated gymnastics camp for beginners through advanced gymnasts. Participants get a chance to work with some of Jump Start's most experienced staff members during four days of gymnastics fun. Participants will be groups according to ability and receive individualized instructions on all four Olympic events – vault, uneven bars, balance beam, and floor exercise. Daily activities include a warm up and conditioning period, 30 minute classes on each event, snack time, and a supervised open work out time.

July 13-16th 12:00-3:00pm

Go! Fight! Win! Cheerleading Camp promises to be packed full of high energy and provide aspiring young cheerleaders with all the basic skills to one day cheer their team onto victory! Everyday participants will learn tumbling, cheers, pom-pom routines, and so much more. The camp will conclude with a short performance for family and friends.

July 27-30th 9:00am-12:00pm

Special Offer! Sign up for a summer camp before May 15th and receive a FREE backpack!

For more information on all of our summer camps, stop by the front desk or visit our website: www.jumpstartfun.com.

Preschool Corner

Inactivity of Preschoolers Amid Rising Childhood Obesity

Every day we read that the rate of childhood obesity has risen significantly in the United States. The alarming fact is that many children are becoming overweight at younger ages. New studies have found, that despite conventional wisdom, preschoolers don't move around a lot, even when they're playing outside. A lack of regular opportunity and encouragement for preschoolers to be active has created an environment where in any given outdoor play situation involving preschool aged children over half of the participants will be observed engaging in sedentary activities. There are many contributing factors. One might be our busy lifestyles that don't leave time in the schedule to plan activities that encourage physical play. It is important that parents involve their children in activities that develop and encourage a love for physical movement. At Jump Start, this is one of the primary goals of our preschool gymnastics program. We are not trying to develop gymnasts, but healthy happy children. This is why our lesson plans are packed full of many seemingly non gymnastics skills. We want your child active! We want to do our part to start your child on a path to a healthy lifestyle. Feel free to contact our preschool director at anytime regarding our goals and purpose of our lesson plans.

School Age Scoop

Gym Show Routines

Over the next several weeks, our school age students will be learning routines on each of the events in preparation for our gym show. For those participating in the gym show, these routines will be performed for friends and relatives the night of the show. Don't worry! You aren't going to be judged on your performances and staff will be on hand to spot skills and help you if you forget the routine. Even if your child is not participating in the gym show, learning routines is a great way to see how the skills they have learned over the course of school year can be combined and performed in a sequence. Staff will be making a copy of the routines available to students. For more information about your child's routines, please contact your child's instructor.

Parking Lot! We are in the process of working out details with the building's landlord to repair the parking lot. We are planning on starting repairs in early May. We apologize for the condition of the parking lot and appreciate your patience while we work through the process of getting it fixed.

Summer Classes

Summer Schedule is ready! Our 10 week Summer Flex Class Schedule is available online and at the front desk. Summer classes begin June 8th and run through August 15th. Sign up for summer classes starting April 25th. Take advantage of our Early Bird special and register for 10 classes and receive one week free! The Early Bird Special ends May 2nd.

Summer FLEX Schedule – What is it? We know that summer is a busy time for families and it is sometimes hard to schedule your child's activities around vacations and other summer fun! To make it more convenient for your child to participate in our summer program, we are allowing you to take advantage of our flexible scheduling option. Although it is preferred that you register for 1 class one time a week for the entire 10 week session, we will work with you to schedule a minimum of 8 class times during the summer session at a prorated fee.

