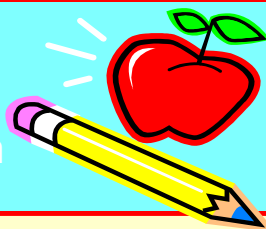


# The Flipside - Back to Gymnastics Edition



September 2009  
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## Newsletter



### Welcome Back!

We are so excited to see so many of our returning students and to meet so many new ones. It has been a great beginning to a new season of gymnastics fun. Thank you for your patience during the first weeks of class as everyone settles into the routine. Just a few reminders to keep things (especially in the evenings and Saturdays) running smoothly.

- 1) Arrive at least 5-10 minutes before class and use the restroom and get a drink.
- 2) Wear appropriate attire to class. **Girls-** leotards (no skirts) and hair pulled back in a low pony tail or 1/2 up/ 1/2 down. Please do not wear headbands or hairstyles that hurt when you roll. **Boys-** t-shirts, shorts or sweatpants with elastic bands (no zippers, belts, buttons or snaps). Bare feet are recommended for all students.
- 3) In evenings and on Saturdays, students should wait in the viewing area near the sign with their class name and instructor on it. This will allow instructors to gather students and take attendance quickly so they can begin class in a timely manner.
- 4) Please encourage your child to stay with the instructor during the entire class time. Students will only be allowed to leave class to go to the restroom.

If you have questions, please stop by the front desk or contact our office at your convenience.

### Fall Office Hours

Our front office is open Monday-Thursday 9:00am to 7:30pm, Friday 9:00am-6:00pm and Saturday 8:30am-12:30pm. If you have questions, need to schedule a make up or call in an absence, please call during these hours.

### Labor Day Make Ups

All Monday classes are scheduled for a make up day on Monday, November 23<sup>rd</sup> for classes missed due to the Labor Day holiday. If you are unable to attend classes on the scheduled make up day, please contact our office for other options.

### FREE Back to School Event

Jump Start Gymnastics is joining hundreds of USA Gymnastics clubs around the country by offering a FREE Back to School Event this Saturday, September 12<sup>th</sup> from 1:00-3:00pm. Children of all ages are welcome to participate in obstacle courses and games, play on our inflatables, participate in the Tyson Fitness Challenge, watch a demonstration by members of our competitive team, and enjoy refreshments and giveaways. Make a \$10 donation to Children's Miracle Network and receive your choice of backpack or plush animal while supplies last. For more information call 692-5867.

### Make Up Class Procedure

Make up times for missed classes are not guaranteed unless a class is cancelled by Jump Start. If a student misses a class and would like to make it up, you may schedule a make up in an open class of the same age and/or level. Make ups must be scheduled in advance by calling or stopping by our front office. Make ups are only allowed in classes that are not already at capacity. Please note: It may not always be possible to schedule a make up class due to the limited number of openings in our classes.

### Camera Weeks

Camera Weeks for this session are:

**Week 6-** September 28<sup>th</sup>-October 3<sup>rd</sup>

**Week 13-** November 16<sup>th</sup>-21<sup>st</sup>

You may bring cameras and video or take pictures of your favorite gymnast during these times.





## Excellence Through Education - Staff Update

Jump Start is committed to offering the highest quality of gymnastics instruction available. In accordance with this commitment, members of our staff have or will be attending National and Regional workshops and seminars.

Mid August, Dawn Kocher attended the USA Gymnastics National Congress and Business Conference in Dallas, TX. In addition to attending sessions on curriculum development and business trends, she had the opportunity to participate in two lectures presented by the Disney Institute. These lectures focused on Disney's approach to Quality Service and Leadership Excellence.

September 18<sup>th</sup>-21<sup>st</sup>, several members of our staff will travel to Schaumburg to participate in the Regional Congress. There they will attend lectures by nationally recognized professionals in our industry. In addition, several will update their safety certifications and participate in a "Hands on Training" Course.

We are looking forward to our staff sharing this knowledge with the rest of our staff and students so that we can continue to provide an excellent program for your child.

**Please note:** *So that our staff may attend this excellent educational opportunity, your child may have a substitute teacher or your child's may be rescheduled. Students will be notified in class as to the status of their classes during this time.* Thank you for your understanding.

### NEW - Information/Skill Boards

Check out our new bulletin boards in the main hallway for updated information and happenings. Especially check out our School Age Skill board for all the cool skills our students have mastered this session. Check them frequently as information may change weekly!

**Happy 4<sup>th</sup> Birthday Jump Start -  
Opened for business September 10<sup>th</sup>, 2005**

## Coming Soon!

**NEW! Mommy Moments** – Do you ever have those days where you wish you had a moment to yourself? Yes, we love our children but we also need a moment or two for us moms! On the first Monday and third Friday of each month from 9-11:30am, our experienced staff will entertain your child while you run errands, have a cup of coffee with a friend or just relax! Cost is \$15 / \$10 for the second child. *\*\*Dads and other primary caregivers are welcome to take advantage of this new program as well.*

**Coffee Talk!!!** – A new program with a dual purpose! Coffee Talk is designed to 1) provide a babysitting opportunity for those parents participating in a Buddy class that might have to bring siblings or other young children with them and 2) Provide an opportunity for parents of young children to have some uninterrupted adult time knowing the children are nearby having fun!

Our experienced staff will set up and supervise activities in our large dance studio for children 5 and under to enjoy every Tuesday and Thursday from 9-11am. Our staff will supervise the young ones while parents and caregivers are on site participating in a buddy class or just stopping by to enjoy a cup of coffee, light snack and adult conversation. The cost is only \$5/hr. Babies are WELCOME!

Interest lists for both of these programs are forming now. For more information, contact Ms PeaJay or our front desk!

### Create A Class

If you don't see a class time that will work for you or you want a class for your child and a few friends (of similar age), we may be able to create a class. Morning, afternoon and limited evening times are available. Four students are needed to start a new class. Great for ½ day Kindergartners and preschoolers! Great for tumblers and cheerleading groups who want to focus on specific skills. We have qualified staff available. For more information, contact our office - 692-5867!

