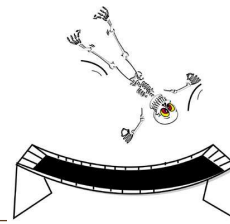


# The Flipside

Keeps You Informed



October 2009

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Tuition for next 13 weeks of classes due by November 14th.  
Open Registration for new students begins November 16th.

Thanksgiving Break November 24-29  
Building Closed Nov 24-29  
Classes Resume November 30

## Trick or Treat Time

Goblins and ghosts and witches, oh my! Halloween is just around the corner and here at Jump Start we are getting ready for a busy time!

### Spooktacular

On Saturday, October 24th, we will be holding a family friendly **Spooktacular Carnival** from 2:00-4:00pm. During the first hour, participants can get their pictures taken in their costume, play carnival games and decorate a pumpkin! After that, children will get to participate in gymnastics activities and play games in the gym. The event ends with a Monster Mash. Children should arrive in costume. Please prepare the children that they may need to remove parts of their costume to participate in activities. Parents are required to stay. Sign up at the front desk today! The cost is just \$10 in advance or \$12 at the door.



### Halloween Week & Costumes

The week before Halloween (beginning October 26th through October 31st) we will be celebrating the holiday during classes. **Preschool students** are encouraged to wear their costumes to class. We will strive to take a group photo at the beginning of class, however, some evening classes may have photos taken later. Once photos are taken, costumes, or parts of costumes, may need to be removed to continue with class. Please discuss with your child items that will not be appropriate to wear during gymnastics class so they will not be surprised! We will also be handing out trinkets and/or treats, so please let your child's teacher know if you would not like your child to receive a treat. **School age students** are asked *not* to wear costumes. They however will receive a treat at the end of class.

We will also be having a **Camera Week** during that week (Oct 16-31).

## Sickness Season

Fall is here and winter is coming! And so is the cold and flu season! Our goal is to prevent the spread of viruses, including the flu and H1N1 virus and we need your help!

If your child shows any sign of having the flu, we are asking that you please keep them home. These include: Fever, Cough, Sore Throat, Nasal Congestion. To help protect your own child's health and to minimize the possibility of spreading it at Jump Start, please keep your child at home for at least 24 hours if you observe any of the following: Fever of 101 degrees or higher, Diarrhea, Vomiting. Children must be fever free for 24 hours without medication before they return to classes.

We try do our part at Jump Start by cleaning the facility and sanitizing mats frequently. Our instructors wash or sanitize their hands between classes as well. We encourage children and parents to also wash or sanitize hands after classes. A sanitizer dispenser is located on the wall across from the office.

If your child is sick, please give us a call and let the front desk know. You are welcome to do a make up in any open class. Make ups do not have to be done in the same week, just within the same session.

## Coming Soon! - New Classes

Starting November 30th, we will be adding a few new classes. We've got some perfect classes for those 1/2 day Kindergartners! A few morning times and a few in the early afternoon! We're also excited to introduce a new Back Handspring Class. This class will focus on the skills necessary to learn a back handspring as well as natural progressions leading up to and continuing out of them. Watch for the updated schedule available soon!

**SPECIAL PROMOTION:** Sign up for a gymnastics class and receive 40% off a tumbling class, as a 2nd class. We will also be offering a select few gymnastics classes at a 40% discount if taken as a 2nd class.

The Jump Stars begin their competition season!



**Monster Mash**



Springfield, IL  
October 24 & 25

## More Than Just Classes!

We do more than just gymnastics and tumbling classes! We've got lots of special events each session—something for every age group!

**Jungle Jamboree** is an open play time for children who are 3 and under. **Preschool Power Hour** is an open play time for children 4-5 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. Cost for both programs is only \$5.00 per visit. Bring a friend!

**Jungle Jamboree** October 20 & 23, November 3 & 13 @ 11:15-12:15pm  
**Preschool Power Hour** November 5 @ 12:15-1:15pm

**Supervised Open Gym** is 1.5 or 2 hours of unstructured time where school age children can play and master their skills in a safe, fun and friendly environment. Jump Start staff members will be on hand to supervise and assist the students, who get to choose which

equipment and skills they want to practice. Open Gym begins with a short fun warm up and ends with fun games and activities until parents arrive. All children K-8th grade are welcome at Open Gym. You do not have to be a student at Jump Start to join in, so feel free to bring friends! No advance registration is required.

October 23 @ 2-3:30 & November 6 @ 10-12:00pm

**Meet & Munch** is a monthly event that gives preschoolers a chance to have lunch with one of our instructors. Children bring a sack lunch and will get a gymnastics class, create a craft, play games and so much more! The cost is just \$13 for this two hour event. October 26 @ 11-1:00pm—Advanced Registration required!

**Mommy Moments** are a drop off service offered to our busy moms. Children potty trained and older can be dropped off to enjoy games, gymnastics, crafts, snack and more while you enjoy a few hours to yourself. Cost is \$15/\$10 for the second child.

For more information on any of these programs, please ask at the front desk or call 692-JUMP.

## Winter Tuition Due

Tuition for the next 13 weeks is due by November 14th. This payment will take you from November 30 through March 13th. The class schedule stays basically the same with a few minor changes and additions. If your current class is changing, you will be notified. In general, we expect students to remain in the same class for the Fall, Winter and Spring sessions.

Tuition statements for the winter session will be handed out the week of November 2nd and are due by November 14th. After this date, registration is open to new students and all unpaid spots will be filled. Open registration to new students will begin on November 16th.

The last classes of the first 13 weeks will be the week of November 16-21. There will be **NO CLASSES** November 24-29 for the Thanksgiving holiday. Classes resume on Monday, November 30th. There will be no classes held December 21st through January 3rd. Classes resume on January 4th.



## Girl Scout Outings

Are you part of a girl scout or boy scout troop that is looking for an outing this winter? Call Jump Start! We are more than excited to welcome troops into our facility to earn badges or just have some fun! If you would like to bring a group, give Jump Start a call and we will work with you to schedule a time best suited for everyone! Events are generally held Saturday or Sunday afternoons for one hour, with a 1/2 hour afterwards for snack or a meeting. Larger groups may want to schedule a longer event and include gymnastics and dance. Call today to schedule! 692-5867!

On November 21st, we are welcoming a very large group of Brownies for Jump & Jive, an opportunity to give ballet, hip hop, gymnastics and cheerleading a try—and earn the Dancercise Try-It. If your troop would like to be a part of that, call the Girl Scout Main office.

Don't Forget!

Make up classes for Labor Day will be on Monday, **November 23** at their regularly scheduled times.

## School Age Information

What is my child learning in his/her school age class? desk or view the skill cards posted on the bulletin board in the gymnastics area.

The Rainbow Skill Program is a complete developmental program for our non-competitive school age girls & boys

gymnastics and tumbling students that allows for easier tracking of skill achievement and level advancement. This program was developed using the USA Gymnastics Junior Olympic skill requirements and is used by our staff to individualize lessons for our students. Each child's progress is tracked on a skill card. As a student masters a skill it is noted. When a student masters the required number of skills at a level, he/she receives a certificate of accomplishment and advances to the next level. For more information about our Rainbow Skill Curriculum, pick up a flyer at the front

### Progress Reports

Regularly, our instructors fill out progress reports for each of their students. These are handed out the last two weeks of the billing cycle during classes and inform parents and students of what they have been working on. Preschool progress reports let parents know the skills and concepts that were introduced during the session. School age progress reports include a copy of the student's current skill card. The card has a set of skills for each event as well as flexibility and strength requirements. A skill is considered mastered when the child can perform the skill three out of four times with relatively good form and technique. If you have questions or concerns about your child's progress, please feel free to contact your child's instructor.