



FEBRUARY 2010!

FLIP-FLOP NEWS

FLASH!

860-526-4132 ~ www.flipflogym.com

Session 2

We would like to welcome all new gymnasts to our second session and thank all returning gymnasts! We look forward to an exciting second session of FUN at Flip-Flop! We would like to introduce or remind our members of our gym rules:

1. Long Hair **MUST** be tied back.
2. No gum, food or drink in the gym.
3. Wear appropriate gym attire. Leotards with out a skirt for girls and t-shirts with athletic bottoms for boys.
4. Children go bare foot in the gym.
5. No jewelry.
6. Parents **MUST** come inside to pick up gymnasts.

GYMNAST OF THE MONTH Christiana Field

Christiana, also known in the gym as “Tiana”, is a gymnast on our Prep Optional Team. She is also a member of our junior staff program. As a junior staff member, Tiana is learning how to spot basic gymnastic skills and instruct a class. Tiana is great with the children and is very eager to learn more about coaching gymnastics. She is also a well rounded gymnast! Tiana works hard at every practice and is always appreciative of the corrections you give her. She works hard to accomplish her goals and is a delight to coach and train as a member of our team. Great job Tiana, you earned it!

FEBRUARY EVENTS!

VALENTINE'S NIGHT OUT!

PARENTS CAN GO OUT TO DINNER AND DROP OFF THEIR CHILDREN AGES 3+ FOR GYMNASTICS, MOVIE, GAMES AND TONS OF FUN!

FEBRUARY VACATION CIRCUS CAMP!

AGES 3-6 February 15-19th, 9am – 12:pm

FEBRUARY VACATION THEME CLINICS!

Ages 5+ February 15-19th M-F 1pm-2pm

SEE THE BACK OF THE NEWSLETTER FOR SIGN UP.

Hippity Hop!

* Hippity Hop combines the Urban Dance styles of Hip Hop with the strength and flexibility of acrobatics. Children will be introduced to popping, locking, break dancing, freestyle and funk! Children will learn beats, rhythms, counting, and basic steps. The music and choreography is age appropriate. Hippity Hoppers may wear any comfortable clothing / athletic wear that they can move in. No street shoes allowed. Please wear indoor sneakers only, or jazz shoes.

Monday 11:00-11:45 OR Friday 2:00-2:45
3 – 5 yr olds \$150.00

10% Off of second + class of = or lesser value when signed up for multiple programs!

OPEN GYM!

Use Open gym time for make up classes. (2 make up's per session and can not carry over to the next session) OR for extra gym time! The Thursday & Friday Open gyms are not held when the gym is closed for holidays or breaks.

Thursday's 12:30-1:45
Friday's 12:30-2:00

Free for make up classes
\$8 per family for extra gym time

February Vacation GYM CLOSED FEBRUARY 15-20.

SNOW

If it snows, please call the gym to see if classes are cancelled or watch your local news station, channel 8 wtnh. As a reminder we do not always follow the school closings

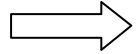
NOT JUST GYMNASTICS! WE ALSO OFFER:

Dance
Art
Birthday Parties
Jazzercise
Zumba
Tree House Players

Join the Fun!

\$14 per family for non members

FEBRUARY VACATION CLINICS & VALENTINE'S SIGN UP



VALENTINE'S NIGHT OUT!

**FRIDAY, FEBRUARY 12TH ~ 6:30pm -9:30pm SHARP~ Ages 3 ½ and up
GYMNASTICS, MOVIE & POPCORN, GAMES, FUN!!!**

NO Early Drop offs! Children MUST be potty trained.

- MEMBER PRICE \$20 ~ \$10 ADDITIONAL SIBLING
- NON MEMBERS \$25 PER CHILD ~ \$15 EACH ADDITIONAL SIBLING

FEBRUARY VACATION CIRCUS CAMP!

AGES 3-6 February 15-19th , 9am – 12:00pm

Children will do gymnastics, circus stunts, acrobatics, clowning and make a craft.

Please pack a snack, NO NUTS!

Please circle days, \$30.00 per day ~ M T W TH F

Please circle full week, \$150.00 ~ Full Week

FEBRUARY VACATION THEME CLINICS!

**Ages 5+ February 15-19th M-F 1pm-2pm, \$12 MEMBER FEE
\$15 NON MEMBER FEE**

- MONDAY- COMPETING TEAM ONLY ROUTINE CLINICS
- TUESDAY- TRAMPOLINE
- WEDNESDAY- ADVANCED TUMBLING (MUST BE WORKING ON BACK HANDSPRING)
- THURSDAY- CARTWHEELS AND ROUNDOFFS
- FRIDAY- PIT!

CHILD _____ AGE ____ ALLERGY _____ H PHONE _____
C PHONE _____ EMERGENCY CONTACT _____ & PHONE _____
PARENTS NAMES _____

SECOND SIBLINGS NAME _____ AGE ____ ALLERGY _____
THIRD SIBLINGS NAME _____ AGE ____ ALLERGY _____

MEMBER FEE ENCLOSED \$ _____ NON MEMBER FEE ENCLOSED \$ _____

Check # _____ Cash _____ MC VISA DB

**THE ABOVE INFORMATION MUST BE FILLED OUT COMPLETELY IN ORDER TO PARTICIPATE.
CHILDREN MUST BE SIGNED UP IN ADVANCE AND PAID IN FULL.
CHILDREN CANNOT PARTICIPATE WITHOUT A SIGNED WAIVER.**

WAIVERS ARE ONLINE OR IN THE OFFICE