

FLIPS FLASH

Summer Registration

FLIPS Summer 10 week registration has already begun and only 5 weeks are left to go before our summer session begins! FLIPS summer registration allows you to make one easy payment for the entire summer session. In addition FLIPS will provide unlimited make-ups during the summer. We know how busy summer can be and how many activities everyone is involved in. No matter how many times you need to miss your regular scheduled class, you can make it up in another like class anytime this summer.

Make-up classes must be scheduled in advance with the front desk. Sorry, make-ups that are not used in the summer cannot be carried over to the fall. Finally, all children that are registered for summer will have priority registration for fall classes. Priority registration week is July 27th-July 30th.

Many classes for this summer have already filled, so don't delay and get those summer registrations in today! If you have not received your summer brochure, stop at the front desk and the office staff will give you one.

CAMP FLIPS

Camp FLIPS is structured child care for children ages 6-12. Camp is located at the White Bear Lake FLIPS and parents can sign their children up for 1 day, one week or the entire 12 weeks. If your child attends 11 full weeks your 12th week is FREE! Hours for the camp are 8:00 a.m.-5:00 p.m. with before and after care available. Camp includes gymnastics, other sports activities, crafts, weekly themes and lesson plans, snack, field trips and more! THIS CAMP IS LIMITED TO A CERTAIN NUMBER OF CAMPERS-so if you want the perfect answer to your summer child care dilemma, register today!

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Volume 5, Issue 5
May 4th, 2009

Parents Night Out

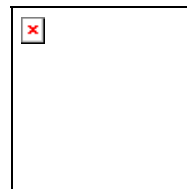
Upcoming dates for parents night out are May 8th, July 10th & 24th & August 14th. Sign up at the front office today!! Don't miss out on this opportunity to have a date night!

SPRING FLING

FLIPS annual Spring Fling is Saturday May 30th from 2:00-6:30. This is the big show where all the children get to show off the skills they have been working on all year. Admission for the event is just \$15.00 for the entire family!

Times and RSVP forms have been handed out to all classes and students must turn in these forms in order to participate in the Spring Fling. Forms can be mailed in or dropped off at FLIPS and must be received by May 1st.

Forms may be turned in after that date but children will not be listed in the program. Each child will receive a medal and team girls will be performing through out the day as well. Children will be learning the performances in class in April and May, so they are ready for the show! We can't wait to see you all there!



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MOMS MORNING OUT THANKYOU

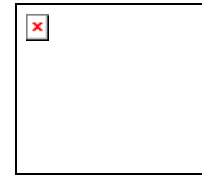
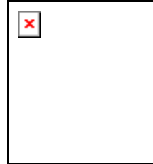
Coach Info

Hey Moms! Want a perfect opportunity to go have coffee with some friends, or maybe get some errands run without bringing the kids along! FL!PS offers moms and dads too a morning out without the kids. Drop your children ages 3-5 off at FL!PS on The following Thursdays from 9:30-1:

June 25th, July 16th & 30th and August 13th. Cost is only \$20.00 for one child or \$30.00 for two children from the same family. Cost includes gymnastics, crafts, snack, outdoor games and going to the park! Children need to bring their own bag lunch! What a great opportunity for the kids to have some fun and for you to get some things done and have fun too! Sign up at the front desk today!

It has been a wonderful school year at FL!PS. Thank you to all the families who attended our gym. We thank you for your business and hope to seeing you this summer and for many years to come. Watch the gym for updates and changes including a new lobby and new equipment all to give you the best gymnastics facility in Minnesota.

FL!PS can't guarantee the same teacher for each class each time. FL!PS has a positive employee program that allows coaches to take time off for their families and other important commitments. Quality coaches are assigned in their absence. A roster, lesson plan and rotation schedule will be provided to the substitute coach to ensure your child continues to receive a high level of coaching. If you have questions about your child's class you may ask either their regular coach or the substitute coach.

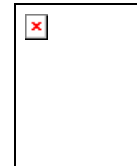


Employee of the Month

May employee of the month is Kathy Brastad. Kathy joined our staff in December of 2007. Kathy currently coaches our flipshots classes but has helped us out by subbing every level. In addition Kathy works at the desk on Monday nights. Kathy always has a smile for the customers and her students. She has gone out of her way on numerous occasions to help us out at the last minute. Management appreciates everything Kathy does for us at FL!PS!. Congratulations Kathy!

Birthday Parties

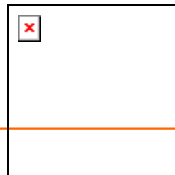
FL!PS offers birthday parties all summer long on Saturday's. With a FL!PS birthday party you don't have to worry about rainouts, bugs, overheating, or clean-up! FL!PS summer birthday parties are 2 hours long with the 1st hour in the gym with coach led activities and the 2nd hour in the party room where the child can open gifts, eat cake and play additional games led by the parent. FL!PS Parties cost \$150.00 for members and \$160.00 for non-members. Don't delay and sign up for your summer party at the front desk today!



FLIPS OPTIONAL REGIONAL RESULTS

The region 4 gymnastics meet was held in Wisconsin Dells, Wisconsin April 24th thru April 26th. Region 4 consists of the following states: Minnesota, Nebraska, North and South Dakota, Iowa, Wisconsin, and Missouri! The following gymnasts qualified and competed in that meet and achieved the following results: Allie Bartholomew (1st floor, 7th vault) , Julia Stedman (4th floor, 5th vault), Kim Miske (4th floor, 7th beam), Jen Larsen (5th vault, 6th beam), Maddy Sevilla (6th floor, 8th beam), Karli Fritzi (3rd floor),

Jordan Ehde (2nd floor, 3rd bars, 4th vault) Addy Sampson (super 8 team qualifier), Kalli Anderson (4th bars, 6th floor) Megan Parenteau (7th floor, 8th vault, 9th bars) Halley Shanley (6th floor, 6th bars), Selena Ung (3rd beam, 8th vault). Congratulations girls on a great season!



OPEN GYM

Open gym in May will be held on Fridays from 10:30-11:30 and Saturdays from 12:30-2:00 thru May 22nd. Summer Open Gym begins is on Wednesdays from 12:30-2:00 and begins June 17th. Cost for summer open gym is \$7.00. Open gym is always supervised by FL!PS coaches. Open gym is a great way for children to practice skills or to just burn off some energy. Preschool parents must remain with their children during open gym however ages 6 and up can be dropped off and picked up at the end of open gym.