



FLiPS



December

2009

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Holiday Camps

Hey Mom's and Dad's!

How many of you have heard these words the

day's after Christmas "I'm bored"!

Maybe you have to work and you have no idea what you are going to do about day care.

FLiPS has the answer for you! FLiPS Holiday Camps will let your kids bounce off the wall's here instead of at home!!

Camps include snack, craft, movie, and of course lots of gymnastics!

Holiday camp runs Monday December 28th and Tuesday December 29th from 8:30-

4:00.

Cost is \$30.00 per day for members and \$40.00 per day for non-members. Before and after care is available for an additional charge.

Children must bring their own bag lunch and clothes for outside play.

The preschool (ages 3-6) mom's morning out camp is December 29th from 9:30-1:00.

Cost is \$20.00 for 1 child and \$30.00 for 2 children from the same family.

Pre-registration and pre-payment is required. Space is limited so sign up at the front office today!

Holiday Hours

FLiPS will be closed December 24th-Jan. 3rd for classes for the Winter Holiday Break. **Classes resume Monday Jan. 4th!**

Office hours are as follows:

Dec. 24th-27th closed,

Dec. 28th-29th open 10-2 and 5:30-7:00 pm and Dec. 30th thru Jan. 3rd closed.

If FLiPS needs to close due to severe weather conditions the closing will be announced on WCCO and FLiPS voice mail will be changed to indicate any closures.

Just a reminder that FLiPS policy does *not* allow for make-up classes due to severe weather or holidays.

FLiPS PAYMENT POLICY

Tuition payments for all classes are due the 15th of the preceding month that your child is in class. FLiPS does not send out a tuition bill. For example, tuition for January will be due December 15th. Quarterly payments are due on the 15th of the month preceding the beginning of a new quarter. Quarters begin in September, December, and March. A \$5.00 late fee will be added to past due accounts. Payments are based on a 3, 4, or 5 week month.



December FUN!!!!

Don't miss all the December fun at FLiPS-

Nov. 30th- Dec. 5th Evaluations will be handed out to all students

December 4th & 18th- Parents Night out-a great opportunity for holiday shopping.

December 14th-19th Holiday Appreciation Gift and Cookie Week. There will be cookies in the lobby for all to enjoy and each student will receive a gift. December 28th-29th Holiday preschool and Rec camps. December 28th and 29th Open

Gym from 6:30-8:00 p.m. Camps and these open gyms must be pre-registered for. PLUS-Unlimited makeup's in December. If your child is registered and paid for in December they may have unlimited make-ups for the month of December. These make-ups must be taken by the end of January.

Student Illnesses

Please do not send sick students or siblings to the gym for class. We prefer they stay home and get better! FLIPS allows 1 make-up class per quarter and if you are registered and paid for in December we have unlimited make-ups for December students only. These make-ups may be taken thru January.

In addition if your child has any scabs, open wounds, or warts, they must be covered before they are allowed in class. If the coach notices something has not been covered they will alert the parent that this must be taken care of before the child can begin class.

The above precautions will help FLIPS contain the spread of illness and keep potential blood from being transferred onto the equipment.

Thank you for your help!

HOLIDAY OPEN GYM

FLIPS will be hosting two special holiday open gyms on Monday December 28th and Tuesday December 29th from 6:30-8:00 p.m.

These monster sized open gyms will include a treat for every child, an obstacle course, bouncer and holiday movie playing in the dance room. All for only \$5.00 in advance or \$10.00 at the door. You must register at the front desk by December 23rd to receive the advanced rate. All non-members must have a signed waiver and all preschoolers must be accompanied by a parent! Don't miss out on these fun open gyms!



Coach Info

FLIPS can't guarantee the same teacher for each class each time. FLIPS 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

Employee of the month for December is Ramona Engebretson. Ramona currently coaches preschool classes for us. Ramona is very reliable and the little ones love her! She always asks questions to further her coaching knowledge.

Management appreciates her dedication to her job!

Congratulations Ramona!!

Private Lessons

FLIPS offers private lessons to students that may need a little extra help mastering a skill.

Prices are as follows: Hour rates for members are \$40.00 for one student \$60.00 for two students and \$80.00 for three students. 1/2 hour rates are \$20.00 for one student \$30.00 for two students and \$40.00 for three students. No more than three students are allowed in a private lesson. Private lesson requests forms may be requested at the front desk. You may request a coach and a time or a coach can be assigned to you. Once the form is dropped off a coach will contact you within 7 business days.

TEAM NEWS

Our level 5' and 6's continue to have an outstanding season. The level 5 and level 6 gymnasts recently completed all their state qualifiers. These are meets where the girls have the opportunity to qualify for state by scoring a 32.0 all-around score. These level 5's scored a 32.0 or higher all-around at a qualifier and will be competing at the state meet: Rebecca Fields, Lindsey Hall, Alexis Hennen, Alex Holmberg, Nicole Johnson, Kylie Krawczyk, Anna Lanz, Morgan Shanley,

And Lauren Thole. The following level 6 qualified for state: Jayne Gruenhagen. Congratulations and good luck at State Girls!

Upcoming meets include the State Meet December 12th and 13th.

The State Meet will be held at Hamline University hosted by Jam Hops gymnastics.

Our optional girls levels 7-10 begin their season on December 31st at FLIPS @ 9:30 am with an inter-squad meet.

Check the bulletin board in the lobby for exact times and directions and come and cheer the girls on.

