



Newsletter

September 2019

Start of the year.



DATES TO REMEMBER

Sept 28: Cartwheel Clinic (both locations)

Oct 11: Session 2 Tuition payments due

Oct 14: Cartwheel Clinic (both locations)

Oct 26: Parent's Night Out—both locations

Oct 28-Nov 2: Halloween Week (Mom&Me, Kinder, Pre-School classes wear costumes)

Oct. 31: Gym CLOSED—Halloween

Nov 5: Open Gymnastics—both locations

Nov 7 & 8: Fall Camp—both locations

Nov 11: Tumbling Clinic—both locations

Nov 18: Gym Day Registration begins

Nov 27: Cartwheel Clinic (both locations)

Nov 28: Gym CLOSED—Thanksgiving

Nov 29: Gym CLOSED—day after Thanksgiving

Nov 30: Session 3 payment due

Dec 16-21: Reindeer Forest

Dec 23: Open Gymnastics—both locations

Dec 24-Jan 1, 2020: Gym CLOSED

Dec. 27 & 30: Winter Camp

Session 1—2019

We have had a fantastic start to 2019 as we celebrate our **10th anniversary**. Our classes are filled with dynamic, enthusiastic and happy gymnasts.

As we begin the first session of the 2019-2020 year, we are excited about the coming months and are very pleased to have your children with us.

We publish this newsletter several times during the year to highlight activities and events that have happened, remind parents and students of upcoming events and activities, provide a vehicle to share important information with parents, and to showcase the successes of our gymnasts.

This first newsletter of 2019 will hopefully communicate several areas that parents should be aware of at the start of the session.

SAFETY

Our philosophy is and always has been, safety ***first and foremost***. We are dedicated to providing a safe and positive learning environment for all our students.

SAFETY In the gym:

Our instructors provide the backbone to safety in the gym. All our instructors are safety certified, have had CPR and AED training. All gymnasts should follow their instructor's directions, right when they are given. Each gymnast should respect their classmates by keeping their hands and feet to themselves and respecting others' "space". Gymnast safety also involves all gymnasts taking turns and allowing all their classmates to have their turn as well. Staying with their class is also very important to the safety of the gymnast. Each gymnast should let their instructor know if they have to use the bathroom or to get a drink.

NEW for 2019-2020 *Flippin'Out Freestyle*

2 Hours to play and explore in the gym.

No instruction, but will be supervised.

Nutley—Thursday 1:30-3:30

Pompton—Wed 1:30-3:30/Sat 2:30-4:30

Proper Gym Attire

Proper clothing must be worn during all classes for the comfort and *safety* of the gymnast. For gymnastics classes: girls are encouraged to wear leotards (but snug shorts and a t-shirt are fine too) and bare feet. Leotards must not have skirts attached or "tutus". Boys should wear shorts, a t-shirt and bare feet. For tumbling classes: both boys and girls wear shorts, t-shirts and bare feet (girls can wear a leotard). For Mom & Me classes both parents and children should wear comfortable clothes that allow stretching and free movement and bare feet (socks are slippery on the mats.)

In the event a girl feels uncomfortable with bare legs or wearing a plain leotard, a pair of spandex shorts or pants can be worn over the leotard.

Please, absolutely no stockings or tights with feet as they are slippery and a BIG safety hazard.

Procedure for Make-Up Classes

Students can "make-up" up to 2 classes per session for missed classes. The make-up class must be scheduled through the office prior to the make-up. Classes not held due to the gym being closed for holidays or bad weather do not count toward those 2 classes, however they also must be scheduled in advance with the office.

In order to help our students on the day they will make-up a missed class, all students will receive an "admission slip" before they enter the gym. On the slip will be the student's name, date, make-up class and the name of the instructor for the make-up class.

When you and your child arrive on their make-up day, please stop at the office and there will be a slip for your child to take with them into the gym to give to the instructor named on the slip.

(Additionally, slips will be prepared for students taking a trial class and students newly enrolled in a class.)

GYM DAY 2020

Mark your calendars for 3/22/20 (Nutley) or 3/29 (Pompton) !!

Gym Day is one of the most memorable and exciting activities of the whole year !! Come see what skills your gymnast has developed.

Gym Day in Nutley will be held on Sunday, March 22, and in Pompton Plains on Sunday, March 29.

Pre-Registration will be required and space is limited. Registration starts in early November 2019. Watch for notices on the website, Facebook or on flyers.

Participants will be limited on a first come/first served basis.

Inclement Weather Closing Notification

If there is inclement weather, we will post a notice on the Flippin' Out Tumbling & Gymnastics website (www.flippinouttumbling.com – then select either Nutley or Pompton location) and to our Facebook page. In addition, we will send an email to the primary email account each family listed on their registration form. Of course you can call us and there will be message if no one answers the call. Please do not assume that information about local school closings applies to Flippin' Out classes. If roads are passable and our parking lot is clear, we plan to be open. Classes canceled due to weather-related closures must be made up but will not count towards the two make-up classes allotted for each student each session.