
**Just 4 Flips
Mobile Fitness Program**

OCTOBER 2011

TUMBLE TIMES



FLIPTOBER FEST

Gymnastics lessons for the month are as follows:

So if you see us on the.....

Warm-up

We will be celebrating fall by having our fliptober fest while in class, so we will be playing some carnival games such as; the ring toss, bean bag throw, and parachute games.

Floor

We are practicing our bat kicks (kick handstands), and our spider crawl handstand (Sideways walking handstand against the wall).

Bars

We will be working on our bat flips (backward flips while hanging on the bars) and our bat hangs (upside down while hanging on the bars).

Vault

We are going to be practicing our run jump on the springboard;(straight, tuck, straddle) jump over the pumpkin, and our bat kick handstand flat backs.

Beam

We are going to be practicing our tuck jumps and straight jumps over the pumpkins and our forward and backward kicks over the pumpkins.

Cheerleading lessons for the month are as follows:

We will be working on our Right and Left Punch this month.

We will be using our punches to put into a cheer that the children will be learning for their Winter Pep Rally.

We will be working on Herkie Jumps.

We will also be practicing our Round offs for basic tumbling this month.

Dance lessons for the month are as follows:

We will be learning our "ITS ME" dance for Ballet and Jazz.

We will be having fun with spooky music for the fall such as the Monster Mash and Pumpkin Walk.

We will also be concentrating on different drills to work on pirouettes this month.

Welcome to New Parents, Facilities and Staff

We have recently added several new facilities to Just 4 Flips Mobile Fitness Program this year. Welcome to all families from First United Methodist Church-Bedford, The Colony and Allen-Blue Sky Locations, Mustang Park Recreation Center and Cimarron Park Recreation Center. Also, we would like to officially welcome our new instructors Ms. Elizabeth Moffeit and Ms. Ashlyn Burkhart both began working for Just 4 Flips in 2011. Both are CPR/First Aid Certified, both have a history in gymnastics and cheerleading. Check out our website for bios on these instructors and all our current staff members.

Additional Notes

Exhibition Programs

Coming to a Facility near you, January 2011!!!

*Gymnastics Mini-Olympics

*Cheerleading Pep Rally

*Winter Dance Recital

These events are held in January & May every year for all participants of the Just 4 Flips program.

Friends and Family are welcome to bring their cameras and attend to see the progress of their child.

All programs include Gold Medal and Certificate with skill sheet showing what their child has accomplished in the Just 4 Flips program. NO RECITAL OR UNIFORM EXPENSES.

More information to come.

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