

September 2011

Just 4 Flips TUMBLE TIMES

SEPTEMBER TUITION PAYMENTS ARE NOW DUE!!

Please go to our website for important information below:

*2011 Holiday Schedule

*Fall 2011 Schedule

*Book a Birthday Party with Just 4 Flips!

*Check out Staff bio's to learn more about your child's instructor.

www.just4flips.com

GYMNASTICS

Gymnastics lessons for the month are as follows:

SAFETY

So if you see us on the....

Beam

We are going to be practicing our forwards, backwards, and sideways tip-toe walks. We will also be working on straight, straddle, and tuck Jumps off the end of the beam landing in a FREEZE position.

Floor

We are practicing our forwards, backwards, and log rolls, finishing our rolls in a TA-DA. We will also be learning our donkey kicks, and build-a-house, lead-up drills for our handstands.

Bars

We will be working on our jump front supports, forward rolls over the bars, glide swings in pike and tuck positions, and our casts off the bar landing in a FREEZE.

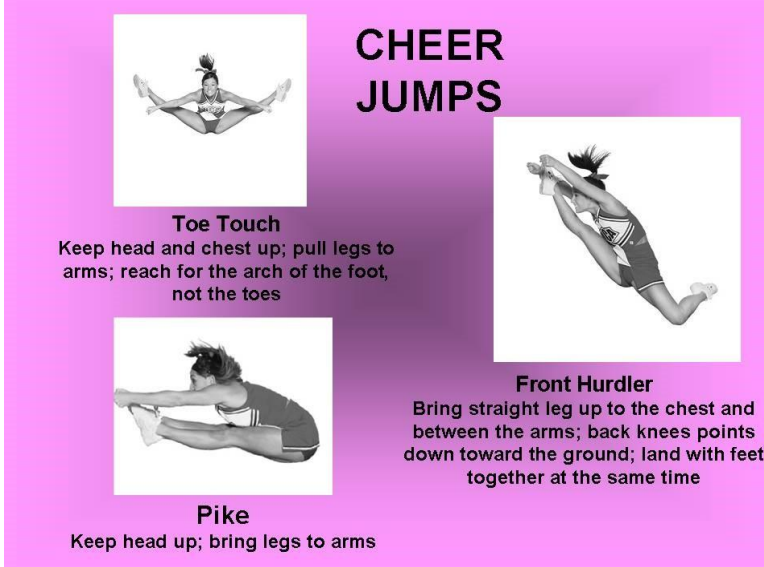
Vault

We will be practicing running and jumping with two feet in one or two hula hoops for leap-up drills for a proper hurdle, along with a run straight jump off the springboard landing in a FREEZE then showing our TA-DA.

CHEERLEADING

Cheerleading lessons for the month are as follows:

Cheerleading is an activity that includes dance, gymnastics, stunting and cheer. The training involves learning techniques, performance, showmanship, leaps, jumps, tight sharp moves and at a more advanced level, stunt work.



CHEER JUMPS

Toe Touch
Keep head and chest up; pull legs to arms; reach for the arch of the foot, not the toes

Pike
Keep head up; bring legs to arms

Front Hurdler
Bring straight leg up to the chest and between the arms; back knees points down toward the ground; land with feet together at the same time

This month we will be working on Cheer Jumps; Toe Touch, Pike Jump and Front Hurdler Jumps.

We will also be working on basic tumbling, arm- movements and the children will begin to learn an 8 count for their cheer they will be performing in January at the Pep-Rally.

BALLET DANCE

Dance lessons for the month are as follows:

Being the foundation of all other dance styles, ballet is highly recommended for all students.

We work with our students to improve their posture, coordination, learning ability, self discipline, dance etiquette, and self confidence.

We teach these skills through barre work, center work, and across the floor progressions.

Ballet technique is also great in enhancing student's athletic abilities in various sports.



This month we will be reviewing all of our basic ballet positions. The children will be working on pirouettes in fifth position and learning an 8 count for their Tangled Ballet Dance for the recital in January.

We would like to officially welcome you and your family to the Just 4 Flips Fall Program!

My instructors and I just wanted to welcome you to a new and exciting year with Just 4 Flips! We have planned some very fun themed lesson plans for this year and our Exhibition Program will be at the end of January 2012, in which we will be inviting all of our Just 4 Flips parents to come and watch the progress of their child. The children will be receiving a gold medal, certificate and skill sheet showing what all they have accomplished in the program thus far.

We are so excited about the upcoming year and know it will be a rewarding experience for your Just 4 Flips family! **Thank you for giving us the opportunity to teach your children and thank you for enrolling them in a physical activity that continues to keeps kids active and healthy while having FUN!**

We will be in Constant Contact to communicate with you regarding important upcoming dates, lesson plans and events and other important information that will help everyone stay informed on the happenings concerning our program.

EXHIBITION PROGRAM

Coming to a facility near you January, 2012!

- *Gymnastics Mini-Olympics
- *Cheerleading Pep Rally
- *Winter Dance Recital

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.