



Parents

Welcome New coaches

We would like to welcome Jon Cheney, Melissa Howell & Brooke Forsythe to our gym

Jon was born and raised in Houston, TX with a few detours along the way. He lived in Paraguay for 3 years from ages 12-15, and also served a 2 year mission for the LDS church in Taiwan. He started gymnastics at age 4 and since then has competed for over 8 years and coached for another 8 on top of that. During his career of competing, he won many competitions, both in individual events and all-around, including state and regional meets. Jon was recently married to his wife Heather, and they currently live in Provo while he attends BYU. He is majoring in Chinese, with a double minor in Business and Spanish. He believes that gymnastics is the best athletic foundation for any other sport because of the overall fitness and strength one can gain from training on all of the events. His favorite event is the rings.

Melissa was born and raised in Fairbanks, Alaska and moved to Utah 2 years ago when she started attending BYU. She is majoring in elementary education. She started gymnastics at the age of 9 and did it both competitively and for school. Melissa loves gymnastics and thinks that it builds character, teaches discipline and hard work. Her favorite event is floor.

Brooke is originally from Pennsylvania where she started tumbling at the age of 8. She trained in gymnastics for 5 years, competed for 4 years and did cheer for one year. She is now living in Orem Utah and attending UVU for Criminal Justice. Brooke is so excited to be a gymnastics coach because she thinks gymnastics is a great foundation for any athlete and she loves working with kids!! Her favorite event in gymnastics is the uneven bars.

To see a biography on all our Instructors go to our web site at www.JumpUpGym.com

Back To School Special

We are running a back to school special September 1 until October 31, 2009. Any student currently enrolled into our program will receive a FREE month of gymnastics or tumbling lessons when a friend enrolls and pays tuition for at least one month of lessons. Please tell your friend to mention your name when enrolling to get this discount!

Progression Charts and Moving to the Next Level

We will be working on progression cards the 3rd week of every month. Please try not to miss this week in order for us to test your child's progress. All progression cards will be posted on the wall in the gym. This will help you, your child and your child's instructor know what skills we are working on in that level. When your child has every skill mastered and checked off by their instructor, you will receive a notice for advancement. If you have any question please call us!

New Gym Policies

To insure the safety of our gymnasts and decrease distraction during class we are requesting that all parents of students 4 years and older not remain in the gym during class. We welcome Parents to come and watch during pass off week and during your child's trial class.

You will receive a news letter every month to help keep you informed of what's going on in your child's class. This newsletter will also be available online at JumpUpGym.com

Just A Reminder

Tuition is Due

October tuition is due on the 20th of September. If you have not yet paid for your Childs class, please do so as soon as possible in order to hold your Childs spot.

News Board

Please check our news board for the latest updates and information. The news board is located in our gym at the front desk.

Drop Box

We now have a drop box at the front desk. This is to drop off tuition checks and for suggestions. If you would like to let us know how we are doing, just drop us a note. Negative or positive we want to know your thoughts!

No Gymnastics

November 2009
(Thanksgiving Break) Monday
November 23rd –
Friday November 27th