



JUMP UP GYMNASTICS NEWS

400 S. 1000 E. (Millpond Dr.) Lehi UT, 84043

SEPTEMBER 2009

Parents

Welcome New coaches

We would like to welcome Miley Harris & Rachel Yates to our gym

Miley started gymnastics at the age of seven. She went to nationals three times, and regional's four times. At the age of thirteen, Miley competed at level ten but had to quit because of a knee injury. Miley has taught levels 4-6. Her favorite event is the balance beam.

Rachel started gymnastics at the age of three years old and has been competing in Gymnastics for 6 ½ years. She competed all over Utah and California. Rachel's favorite event is the beam. Balance is really important to her because of the strength and confidence it gives you. Rachel loves Gymnastics and thinks it is one of the best sports to start your kids in. She is excited to be a Jr. Coach and wants to teach children flexibility, balance, strength, and confidence. *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. From 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.

Progression Charts and Moving to the Next Level

Evaluations are underway. Your child will be evaluated once a month. All progression charts will be posted on the wall in the gym. This will help you, your child and your child's instructor to know what skills we are working on in that level. If you have any question please call us!

What to Wear To Class

To help your child's instructor with safety while spotting tricks, we want to remind parents and gymnasts Level 1 and up to please wear leotards to class. Any leotard is fine as long as there is no attached skirt as the skirts get tangled around the uneven bar. Your child can wear stretchy shorts over the leotard. No zippers, snaps or strings that can catch. Long Hair past the shoulders must be pulled back. Please make sure gymnasts are not wearing any jewelry like rings, long ear rings, long necklaces & bracelets.

No gymnastics on the following dates:

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

December & January 2009/2010 (Christmas Break) Tuesday December 22nd – Friday January 1st

April 2010 (Spring Break) Monday April 5th – Friday April 9th

May 2010 (End of School Break) Monday 24th – Friday 28th

August 2010 (Back to School Break) Monday 23rd – Friday 27th

Just A Reminder

Tuition is Due

September tuition is due on the 20th of August. 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!