



Parents

Fall/Winter Schedule begins August 24, 2009

For everyone continuing to take classes for the fall/winter schedule, your class time may change. Please check out our web site for the new schedule. We will be extending level 2 and level 3 classes from 1 hour classes to 1 1/2 hour classes. Tuition will increase for those levels. More information will be sent out in the August news letter.

We Are Moving To A New Building

Preparations for moving to our new building are underway. We are not sure when the actual day will be due to construction and Lehi city inspections. We anticipate the second week of July. You can access a map to our new building from our web site

Automatic Payments

If you are on automatic payments, an email notice will be sent out a few days prior to billing. If you have decided to drop a class and you are on automatic payment, please email or call Jump Up Gymnastics so that we can stop payment. If you are not on automatic payment an envelope will be sent home with your tuition balance. Our classes are filling up so please pay your Childs tuition by the 20th of the prior month in order to hold your child's spot.

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

If anyone has a comment or tip they would like to share for the next news letter, let us know!

Please send all questions and concerns to info@jumpupgym.com or call 801-318-4078

Tip of the Month:

Teaching your children to be fit and healthy may be a hidden art

Teaching your children to be active and healthy can be difficult. Getting them to want to be fit and healthy is sometimes imposable. The best place to start is with fun and spontaneous activities that challenge gross motor skills. Jumping over cracks in the sidewalk and balancing along a curb will not only keep your child fit but they will have fun doing it. If they enjoy it, chances are they'll want to do it again.

Just a Reminder

Summer Camps

Don't forget to check out our web site for our exciting summer camps

Tuition is due

July tuition is due on the 20th of June. If you have not yet paid for your child's class, Please do so as soon as possible in order to hold your child's spot.

No Gymnastics August 17 - 22

Preschool Themes

June 29 July – 11	Round Up Days
July 13 - July 25	Animal Days

Skill Focus This Month:

Level 1

Floor: Cartwheel & backward roll, Lever touch & Candlestick, Back limbers & Leaps (dance arms)

Bars: Basic back hip circle, spot, 3 consecutive tricks, Cast, hollow body & Cast off dismount stick without stopping

Balance Beam: Arabesque, straight jump & pivot turn, Mount to "V" sit & dismounts, Handstands

Vault: Arm circle drills & straight jump, Shoulder building drills, Arm circle, straight jump stick

Level 2

Floor: Pike forward roll, Straddle forward roll & Cartwheel to lunge, Backbend kickovers, Lunge lever Handstand lever lunge

Uneven Bar: Pull over & Cast hollow body, Back hip circle & Cast off, Basic under swing dismount

Balance Beam: Proper walks & Balance drills, Jumps & Turns, Lever in handstand toe touch

Vault: Hurdling over tape line, arm circle straight jump, Arm circle drills & Straight Jump, stick & finish, Heel drive drills & handstand pops

Level 3

Floor: Back walk over & Handstand forward rolls, Running hurdle round off rebound &

Standing Back handspring, Level 3 routine

Uneven Bar: Cast shoot through & Squat on straight jump off, Horizontal casts & glide swings, Level 3 routine

Balance Beam: Mounts, Handstands & Dismounts, Jumps & Cartwheels, Level 3 routine

Vault: Running Drills, Straight jump drill, shoulder block drills, Handstand to back with shoulder block