



# Chalk Talk

FALL ~ 2008

## Upcoming Events:

- October 9<sup>th</sup> – Last Day of Session #1
- October 13<sup>th</sup> – Mon. Labor Day Make-Up Class
- October 17<sup>th</sup> – Freaky Friday (Flippin' Friday Event)
- October 20<sup>th</sup> – 1<sup>st</sup> Day of Session #2
- October 24<sup>th</sup>-26<sup>th</sup> – Pirates of the Cahaba Home Meet
- November 11<sup>th</sup> – Closed for Veteran's Day
- November 26-28<sup>th</sup> – Closed for Thanksgiving Holiday
- November 28-29<sup>th</sup> – Mom's Shopping Holidays
- December 23<sup>rd</sup> – Tues. Veteran's Day Make-Up Class

## E-News

Welcome back! We're in full swing here at Mountain Brook Gymnastics and are having a fantastic fall season! We have so much going on this year and are looking forward having you join us for all of the fun... Please check our website, [www.mountainbrookgymnastics.com](http://www.mountainbrookgymnastics.com), frequently for updates, events, & important information – we don't want you to miss out!

-Miss "E"

## WHY TAKE GYMNASTICS?

With so many options demanding your child's time, why should you choose to enroll them in Gymnastics Classes? Here are our "Top 5" reasons we think your child should be "here" rather than "there"...

- 1) DEVELOP COORDINATION, FLEXIBILITY, STRENGTH, & POWER
- 2) LEARN TO LISTEN, FOLLOW DIRECTIONS, & MAKE CORRECTIONS
- 3) INTERACT WITH PEER GROUPS & MAKE NEW FRIENDS
- 4) DEVELOP SKILLS THAT ENHANCE PERFORMANCE IN OTHER SPORTS
- 5) IT'S FUN, FUN, FUN!

To Contact M.B.G.F. Board Members, E-Mail: Jeff Wise ([jwise@aol.com](mailto:jwise@aol.com)), Chantal McManus ([chantalmcmanus@yahoo.com](mailto:chantalmcmanus@yahoo.com)), Lane DeWine ([lanedewine@charter.net](mailto:lanedewine@charter.net))

JOIN US FOR FLIPPIN' FRIDAY THIS FALL FROM 6:30-10:30 PM. WE'LL HAVE A PIZZA DINNER FOLLOWED BY GAMES, OBSTACLE COURSES, TUMBLTRAK, LOOSE-FOAM PIT PLAY, A FAMILY FRIENDLY MOVIE, & SO MUCH MORE! SIGN UP NOW...

(\$25 / \$20 EACH ADDL. SIBLING / \$100 FAMILY CLUB CARD)

OCT. 17<sup>th</sup> } Freaky Friday

NOV. 7<sup>th</sup> } Harry Potter

## Mom's Shopping Holidays!

Friday, Nov. 28<sup>th</sup> ~ 6:30 AM - 12:30 PM (\$40 Per Child)  
Saturday, Nov. 29<sup>th</sup> ~ 8:00 AM - 12:00 PM (\$25 Per Child)

A Late Pick-Up Fee of \$10 / 15 Mins. Will Be Charged Per Child.  
Snacks Will Be Provided / Participants Must Bring Their Own Lunch!

## A couple days off to get errands done!

Pre-Payment Required... Now Taking reservations.

Info? E-mail [lauren@mountainbrookgymnastics.com](mailto:lauren@mountainbrookgymnastics.com).



## Flip~Notes:

Come and cheer on our Gymnastics Team at "Pirates of the Cahaba" - our home meet taking place the weekend of October 24<sup>th</sup>.

Thanks again for your continued support!

If you have any questions about our competitive program, or anything else "team related", feel free to e-mail [phillip@mountainbrookgymnastics.com](mailto:phillip@mountainbrookgymnastics.com).

-COACH FLIP

## Administrative Announcements:

Team Parents, please remember that your monthly tuition is due by the 1<sup>st</sup> of every month. Prompt payment is greatly appreciated! Thank you!

-Leapin' Leila

## Flip-Tots:

- ✓ Expanded Morning Classes are the newest addition to our Preschool program... Check it out!
- ✓ Progress Reports will be sent home at the end of every session!

Do we have your current e-mail address on file?

(To give us an updated address, e-mail [lauren@mountainbrookgymnastics.com](mailto:lauren@mountainbrookgymnastics.com).)

## Flip-Tastics:

- ✓ "Flip-tastics" is our Recreational Class Program!
- ✓ Check your child's progress! (Skill Posters are located behind the bleachers... come on in to see how your child is doing!)
- ✓ Progress Reports will be sent home around the middle of every session and at the end of every session so that you'll always know how your child is doing.
- ✓ When students check off an entire "Skill Set" (i.e. all skills required for every 2 Recreational Levels) certificates will be sent home letting you know that it's time to update your registration (we can't automatically move your child up).

## Gym Closing Policy

M.B.G.F. will follow the Mountain Brook School System's Calendar for all holiday closings, breaks, severe weather closings, etc. UNLESS otherwise noted. Make-Up classes are not offered.

**HEY!** Don't forget to take advantage of our **FAMILY REFERRAL PROGRAM!**

(You get a \$20 credit for each new family that joins our gym because of your referral!)

Let us host your Birthday Party, Field Trip, Lock-In, or other event... We'll have a Flip-tastic time!

Introducing **Flip-Flops**...our Cheerleading, Tumbling, & Strength-Training Program!  
(New classes include: Back Handspring Basics, Beyond Back Handsprings, and Cheers & Stunts.)