



Chalk Talk

Upcoming Events:

- June 2nd – 1st Day of Summer Fun Camps / Rec. Classes
- June 6th – Flippin' Friday (Sign Up Now!)
- June 26th – Closed for Memorial Day
- July 7th – Fall Registration Begins
- July 11th – Flippin' Friday (Sign Up Now!)
- August 9th – Team Trip to Six Flags Over Georgia
- August 11th – 1st Day of Fall Session #1
- August 11th-15th – Ms. Pam's Leos Sale at the Gym
- September 1st – Closed for Labor Day
- September 26th – Flippin' Friday Event
- October 9th – Last Day of Session #1
- October 13th – 1st Day of Session #2
- November 11th – Closed for Veteran's Day

E-News

Thanks so much for your support and encouragement—we've made it through the first year in our new building! This year will be just as exciting with new classes, clinics, events, and programs... it's going to be a blast! (Fall Registration begins July 7th)

Each department will have their own Registration Form with class descriptions & more, creating a more efficient & less confusing process. We're planning to offer (2) 9-week sessions in the Fall and (2) 9-week sessions in the Spring, eliminating frequent Registration Cycles while still offering flexibility and more mobility for our Students. (Check our website (www.mountainbrookgymnastics.com) frequently for updates.) If you have any questions, comments, suggestions, or new ideas, please feel free to e-mail me at Elizabeth@mountainbrookgymnastics.com.

-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!

Flip~Notes:

We just finished a GREAT competitive season! Our Level 3 and Level 7 Teams both won State Championships! We also had athletes qualify to Regional Championships in Levels 8, 9, Prep Optional Gold, and Prep Optional Platinum—one of our girls also qualified for the Level 7 National Judges Cup Team and represented the State of Alabama in San Diego, California in January! We've also completed Team Move-Ups and everyone has begun the process of blending with their new teams. We expect to have another GREAT season this year! (Summer Practice Schedules will begin Monday, June 2nd, unless your coaches tell you otherwise.)

Thanks for all of your continued support!

If you have any questions about our competitive program, or anything else "team related", you can e-mail me at Phillip@mountainbrookgymnastics.com.

-Coach Flip

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!)

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.

Flip-tots:

- ✓ "Flip-tots" is our Pre-School Program for children 2-4 yrs.
- ✓ Progress Reports will be sent home at the end of every session!

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!)
- ✓ Did you know that your child is actually enrolled in 2 levels?! That's right, if your child is enrolled in Rec. 1/2, they begin working on Level 1 skills. Once they "check off" the required skills on each apparatus and complete Strength, & Flexibility requirements, they will automatically "move up" to Level 2—even if we're in the middle of a session!
- ✓ Progress Reports will be sent home 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 cannot automatically move your child up).

Administrative Announcements:

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

-Leapin' Leila

Let us host your Birthday Party, Field Trip, Lock-In, or other event...

We'll have a "Flip-tastic" time!

Flippin' Friday

JOIN US FOR FLIPPIN' FRIDAY ON JUNE 6th AND JULY 11th FROM 6:30-10:30 PM. WE'LL HAVE PIZZA, CHIPS, DRINKS, & A TREAT FOR DINNER FOLLOWED BY GAMES, OBSTACLE COURSES, TUMBLTAK, LOOSE-FOAM-PIT PLAY, A MOVIE, AND MORE! SIGN UP NOW... (\$25 / \$20 EACH ADDL. SIBLING)