



18 MONTHS TO 18 YEARS

205 W. 6th
 Newton, KS 671 14
 Phone: 316. 284. 2759 (gym)
 E-mail:
flipflopshop13@gmail.com
 Owners: Jack & JoAnne Thaw
 www.gymnasticsfunandfitness.info

Recreation and competitive
GYMNASTICS .
 BIRTHDAY PARTIES

| | M | T | W | TH | F | S |
|---------------|-----|-----|-----|-----|------|-----|
| (Early Bird) | 5th | 6th | 7th | 9th | 10th | 11* |
| Fall I 6 wk | | | | 15 | 16 | 17 |
| | 19, | 20 | 21 | 22 | 23 | 24 |
| | 8 0 | 27 | 28 | 29 | 30 | 31 |
| Sept | X | 3 | 4 | 5 | 6 | 7 |
| | 9 | 10 | 11 | 12 | 13 | 14 |
| | 16 | 17 | 18 | 19 | 20 | 21 |
| Fall II 6 wk | 23 | 24 | 25 | 26 | 27 | 28 |
| Oct | 30 | 1 | 2 | 3 | 4 | 5 |
| | 7 | 8 | 9 | 10 | 11 | 12 |
| | 14 | 15 | 16 | 17 | 18 | 19 |
| | 21 | 22 | 23 | 24 | 25 | 26 |
| Nov | 28 | 29 | 30 | 31 | 1 | 2 |
| Fall III 6 wk | 4 | 5 | 6 | 7 | 8 | 9 |
| | 11 | 12 | 13 | 14 | 15 | 16 |
| | 18 | 19 | 20 | 21 | 22 | 23 |
| | 25 | 26 | 27 | - | - | - |
| | 1 | 2 | 3 | 4 | 8 | 6 |
| | 8 | 9 | 10 | 11 | 15 | 13 |
| | 15 | 16 | 17 | 18 | 19 | 20 |
| | 21 | | | | | |

FALL 2019

Fall Sessions: Aug. 15-Dec. 21
Session I: 6 weeks-Aug 15-Sept 25
 (no class on labor day)
Session II: 6 weeks- Sept.26-Nov 6
Session III: 6 weeks-Nov 7-Dec 21
 No class on Halloween (makeup with another class) Thanksgiving Break: Nov. 28-30(no makeup need, still 6 classes in the session)
TUITION DUE BY STUDENT'S FIRST CLASS OF EACH SESSION Tuition can be mailed to
J Thaw
 313 Witmarsum West Dr
 North Newton, 67117 or left in tuition box
\$10 LATE FEE

| Min | #Days/wk | Cost per 6 wk | Early Bird (pay for 18 wks only) Includes 5% discount |
|--------|-----------|---------------|---|
| 30 Min | 1 day/wk | \$45 | \$128.25 |
| 45 | 1 | \$63 | \$179.55 |
| 45 | 2 | \$94.50 | \$269.30 |
| 55 | 1 | \$75 | \$213.75 |
| 55 | 2 | \$112.50 | \$320.60 |
| 115 | 1 preteam | \$158 | \$450.30 |
| 115 | 2 Preteam | \$237 | \$675.45 |
| 175 | 1 Team | \$178 | \$507.30 |
| 175 | 2 Team | \$250 | \$712.50 |
| 175 | 3 Team | \$285 | \$812.25 |
| 174 | 4 Team | \$300 | \$855 |

\$25 Annual Enrollment Fee
 Additional children in family 1/2 (\$12.50)
 Includes FF t-shirt or 20% off leotard in stock

Above amount is due first day of each 6-wk session
 10% off for 2nd child, 15% off for 3rd child 20% off for 4th child

Above amount includes the Early Bird discount of 5% for paying for the full 18 weeks

| | |
|---|---|
| PARENT-TOT: 18 – 36 months | Sat. 11:50-12:20 |
| A class for the parent and young child to explore and learn the "world of gymnastics". Learn how to "play" gymnastics and have a great bonding time with your child. Children enjoy movement and physical activity at a young age. The results are long lasting. | |
| TINY TOTS Ages 3 - 4 yrs. (class sizes limited) | Monday 4:30-5:15; Sat 11:00-11:45 |
| Children learn to work and play together in a program designed to develop basic strength, coordination, & motor skills. Our preschoolers develop self-awareness & confidence as they develop gross motor skills. This is a great opportunity to allow tots to express themselves through movement. | |
| TERRIFIC TUMBLERS Ages 5 – 7yrs. | Thursday 4:30-5:25; Sat 10:00-10:55 |
| Tumbler gymnastics is a direct progression from tots. We continue to develop their basic skills while adding more advanced skills & emphasizing proper technique from the level 1 USAG program. | |
| BEGINNERS Ages 8yrs. + | Mon, 6:30-7:25; Sat 9:00-9:55 |
| We teach movement & control in gymnastics as well as skills & routines from the level 1 & 2 USAG program while maintaining a safe and fun atmosphere for the children. | |
| FFS PRE TEAM | Monday and Thursday 5:30-7:30 115 minutes |
| Placement by teacher only according to attainment of specific skills. Two days are required because this class is for those who have had some experience and desire faster progression and more time in the gym. Students will master level 1 skills and routines and begin work on level 2 skills and back handsprings. When Level 2 is mastered they may be ready for competition, but WILL NOT be required to compete (Beginning Ballet I highly recommended.) | |
| TUMBLING ONLY Ages 8+ | Monday 7:30 55 |
| A class for those students who want to learn how to tumble. Ideal for cheerleaders or the student who wants to concentrate on achieving a round off back-handspring or more advanced tumbling. Prefer students to have some gymnastics experience and able to do a handstand and cartwheel | |
| Sports Preparation and Fitness for young boys ages 6+ | Thurs 7:30 3 rd session only |
| Boys will work on strength and conditioning using gymnastics apparatus and a variety of exercises. All aspects of fitness are developed in gymnastics making it a great program for any sport preparation or just for fun and fitness. | |
| FFS TEAM- By placement only Ages 6 + by teacher placement only. Level 3, 4, excel and optional routines with higher level skills. Parental involvement required | Mon, Tues, Wed and Thursday 4:30-7:25 |

All classes subject to change or be cancelled due to insufficient enrollment.

NEW! NEW! NEW!
WALTZ FLOWER DANCE STUDIO at FFS upstairs but,
Owned and directed by Hope Kornfeld
Beginning September 12th
Call 316-393-5900
or email h.e.rdancing4him@gmail.com

Let us do the entertaining
 Celebrate your SPECIAL DAY at the FFS
90 minute Birthday Party Blowout Includes:

- 1 hour of open gym and 30 minutes for cake and refreshments
- We provide the instructors and entertainment, table and chairs
- Gift for the birthday child
- Clean up
- \$120 for 10 children; \$5 each additional
- Paarents must sign waivers
- 10% discount for FFS students

