



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

CALENDAR

(Early Bird)		17	18	19	20	21
Winter I Jan	<u>23</u>			<u>2</u>	<u>3</u>	<u>4</u>
Jan	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>
	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>
Jan	<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>
Jan/Feb	<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>	<u>1</u>
II Feb	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>
Feb	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>
Feb	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>
Feb/ March	<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>
March	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>
III Feb/Mar	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>
Mar	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>
March	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>
April	<u>30</u>	<u>31</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
April	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>
IV Apr/May	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>
April	<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>
Apr/ May	<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>	<u>1</u>	<u>2</u>
May	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>
May	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>
	<u>18</u>	<u>19</u>	<u>20</u>			

WINTER/SPRING 2020

Winter/Spring Sessions: Jan 2-May20
5-week sessions

- Session I: Jan 2-Feb 5**
- Session II: Feb 6-March 11**
- Session III: March 12-April 15**
- Session IV: April 16-May 20**

TUITION DUE BY STUDENT'S FIRST CLASS OF EACH SESSION (see underlined dates on calendar) \$10 LATE FEE

Recreation and competitive GYMNASTICS * BIRTHDAY

TUITION

MIN	# DAYS/WK	EARLY BIRD (20 WKS ONLY) Includes 5% discount	5-WKS Due every 5 wks.
30 min	1 day	\$142.50	\$37.50
45	1	\$199.50	\$52.50
45	2	\$99.25	\$78.75
55	1	\$237.50	\$62.50
55	2	\$356.25	\$93.75
115	1 preteam	\$500.45	131.70
115	2 preteam	\$750.50	197.50
175	1 team	\$563.73	\$148.35
175	2team	\$791.75	\$208.35
175	3 team	\$902.50	\$237.50
175	4 team	950.00	\$250
\$25 Annual Enrollment Fee Additional children in family 1/2 (\$12.50)		Above amount includes the Early Bird discount of 5% for paying for the entire 20 weeks	Above amount is due first day of each 5-wk session
Includes FF t-shirt or 20% Off leotard (in stock)		10% off tuition for 2 nd child 15% off tuition for 3 rd child	20% off tuition for 4 th child

DAYS & TIME

MINUTES

PARENT-TOT: 18 – 36 months	Sat. 12:00 p.m.	30
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)	Mon. 4:30; Sat 11:00 a.m	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.	Thurs 4:30; Sat. 10:00	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; Sat. 9:00	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 5:30-7:25	115 min
Placement by teacher e only according to attainment of specific skills. Two days are recommended 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, however the option is available. (Beginning Ballet I highly recommended)		
TUMBLING ONLY Ages 8+	Mon 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	TBA when 3 or more are interested	55
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 and high school gymnasts. Level 3, 4, excel and optional routines with higher level skills. Parental involvement required	Mon, Tues.Wed and Thurs 4:30-7:25 Team competition includes at least 8 meets per year beginning in Jan; AAU sanctioned (all levels). Bi-monthly Booster Club meetings, Parental involvement required. Booster Club dues (\$50 per month)	2 hr 55 min (175 min)

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

WALTZ FLOWER DANCE STUDIO
(AT FFS UPSTAIRS)
OWNED AND DIRECTED BY Hope Kornfeld.
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
- Parents must sign waivers
- 10% discount for FFS students

Full price is the highest tuition and discounts are taking on next highest and down