

Flip Tuck Gymnastics Schedule for 2020-2021 Season

Monday

<u>Time</u>	<u>Class</u>	<u>Max size</u>	<u>Coach</u>	<u>Cost/Mo</u>
4:00-5:00pm	BHS 1 st year	6	Courtney S	\$60.00
4:00-5:00pm	BHS 2 nd Plus	6	Heather	\$60.00
4:00-5:30pm	XCEL Bronze Team	6	Calista	\$130.00
4:45-5:45pm	Rec. 1	6	Autumn	\$60.00
4:45-5:45pm	Rec. 2	6	Courtney S	\$60.00
5:00-8:00pm	Gold/ level 4-5	6	Monica	\$180.00
5:00-9:00pm	Level 6-10	6	Monica	\$200.00
5:00-6:00pm	Intermediate Tumbling	6	Heather	\$60.00
5:00-6:00pm	Open Tumbling	6	Calista	\$10.00/class
5:45-6:30pm	Cheerleading	11	Autumn	\$50.00
5:45-6:45pm	BHS 1 st year	6	Courtney S	\$60.00
5:45-6:45pm	BHS 2 nd plus	6	Heather	\$60.00
5:45-6:30pm	Ninja	6	Calista	\$50.00
6:30-7:30pm	Advanced Tumbling	6	Heather	\$60.00
6:30-7:30pm	Open Tumbling	6	Courtney S	\$10.00/class
6:30-7:30pm	Rec. 2	6	Autumn	\$60.00
6:45-7:45pm	Rec. 3	6	Calista	\$60.00
7:30-8:30pm	Cheer Open Tumbling	6	Heather	\$60.00

Tuesday

<u>Time</u>	<u>Class</u>	<u>Max size</u>	<u>Coach</u>	<u>Cost/Mo.</u>
4:00-5:00pm	BHS 1 st year	6	Autumn	\$60.00
4:00-5:00pm	BHS 2 nd Plus	6	Calista	\$60.00
4:00-5:00pm	BHS 2 nd Plus	6	Heather	\$60.00
4:00-6:00pm	XCEL Silver Team	6	Cristal	\$160.00
4:45-5:30pm	Kindernastics	4	Monica	\$50.00
5:00-6:00pm	Rec. 1	6	Autumn	\$60.00
5:00-6:00pm	Rec. 2	6	Heather	\$60.00
5:00-6:00pm	Pre-Team	6	Calista	\$60.00
5:30-6:15pm	Kindernastics	4	Monica	\$50.00
6:00-6:30pm	Parent N Tot	5	Courtney H	\$45.00
6:00-6:45pm	Kindernastics	4	Monica	\$50.00
6:00-7:00pm	Advanced Kindernastics	6	Cristal	\$60.00
6:00-7:00pm	Advanced Kindernastics	6	Autumn	\$60.00
6:00-7:00pm	Rec. 1	6	Calista	\$60.00
6:15-7:15pm	Intermediate Tumbling	6	Heather	\$60.00
6:30-7:15pm	Kindernastics	4	Monica	\$50.00
6:45-7:30pm	Ninja	6	Courtney H	\$50.00
7:00-8:00pm	Rec. 2	6	Calista	\$60.00
7:00-8:00pm	Open Tumbling	6	Autumn	\$10.00/class

Wednesday

Time	Class	Max size	Coach	Cost/Mo.
4:00-5:00pm	Advanced Tumbling	6	Courtney S	\$60.00
4:00-5:00pm	Rec. 2	6	Calista	\$60.00
4:00-6:00pm	XCEL Silver Team	6	Cristal	\$160.00
5:00-5:45pm	Kindernastics	6	Calista	\$50.00
5:00-6:00pm	Advanced Kindernastics	6	Courtney S	\$60.00
5:00-8:00pm	Gold/Level 4&5	6	Monica	\$200.00
5:00-9:00pm	Level 6-10	6	Monica	\$200.00
5:45-7:15pm	XCEL Bronze Team	6	Calista	\$130.00
6:00-7:00pm	Rec. 3	6	Courtney S	\$60.00

Tuition Schedule

August – 08/26/2020
 September - 09/23/2020
 October - 10/21/2020
 November - 11/18/2020
 Meet fee due – 12/09/2020
 January – 01/06/2021
 February – 02/03/2021
 March - 03/03/2021
 April - 03/31/2021

Breaks and Holidays

No Class (Labor Day)-Sep. 7, 20
 No Class (Thanksgiving)-Nov. 23-27, 20
 No Class (Christmas)-Dec. 24,20- Jan.2, 21
 No Class (MLK Day)-Jan. 18, 2021
 No Class (Presidents Day)-Feb. 15, 2021
 No Class (Spring Break)-Apr. 5-9, 2021

Home meet will be held April 26th – April 28th. Cost for the Home Meet is \$75.00 and is due 12/09/2020. Extra fees are due for additional classes

COVID-19
CORONAVIRUS
DISEASE 2019 (COVID-19)

WHAT IS COVID-19?
COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

SYMPTOMS
COMMON SYMPTOMS OF COVID-19

FEVER TIREDNESS DRY COUGH
 SOME MAY HAVE:
 ACES AND PAINS NASAL CONGESTION
 RUNNY NOSE SORE THROAT DIARRHEA

PREVENTION
PROTECTION MEASURES FOR EVERYONE

WASH YOUR HANDS FREQUENTLY USE FACE MASK
 KEEP DISTANCE FROM OTHERS STAY AT HOME WHEN YOU ARE SICK
 AVOID TOUCHING EYES, NOSE OR MOUTH STAY INFORMED AND FOLLOW ADVICE

Based on official WHO advice www.who.int/covid-19

Please remember we are looking out for the safety of all our students and staff members. We can't emphasize enough to keep your child home if they are experiencing COVID-19 symptoms. When your child is in our facility we will be checking temperatures, practicing hand washing and sanitizing equipment during and after each station. We strongly recommend that if your child is at risk of catching the virus that you do not register them in any class here at Flip Tuck Gymnastics. If you have any questions or concerns please call @ 419/232/3547.