

NOVEMBER

BIRTHDAY PARTIES

Celebrate your birthday at Flip Side Gymnastics! Basic package includes: personal party coach, relays, 60 minutes on gym equipment, obstacle courses, fun and games! 30 minutes in party room for cake and presents!

Pick up information at front desk!

FIELD TRIPS



Designed for your school, group, or scout group. Field trips typically last one hour and include all of the favorite pieces of equipment. Talk to the front desk for pricing!

PRIVATES

If your child is having trouble getting certain skills or just wants a little extra one-on-one training, schedule a private with one of our trained coaches at your convenience. A little extra time goes a VERY LONG WAY!

OPEN GYMS

We have three types of open gyms:

Mon / Thurs 8:45-10 PM =

This is for children who are in middle school and older.

Saturday 12:30-1:30 PM =

This is for any child 1st grade and older.

Preschool Open Gyms

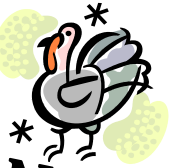
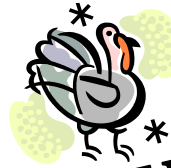
Once a month on Sundays

3yrs-kindergarten (parent

participation required). Sign up now!

DON'T FORGET!

We will be closed for Thanksgiving Break
Thursday Nov. 26-
Sunday Nov. 29



EVALUATIONS

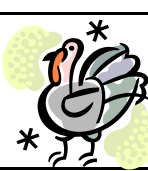
Evaluations will be starting the week of November 30 and continue until December 19! Formal evaluations provide parents, coaches, and gymnasts an opportunity to assess progress made! Don't worry- lots of learning will still be going on during all weeks of evaluations!

THIS COUPON IS GOOD FOR
ONE FREE SATURDAY
OR SUNDAY
OPEN GYM
EXPIRES 11/30/09

KEEP AN EYE OUT FOR
CRAZY SOCK WEEK!!!
NOV. 16- 21



ACTIVITY NIGHT
NOV. 14
BRING IN A FRIEND
AND SAVE \$5
EACH!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
OPEN GYM (8:45-10 pm)			OPEN GYM (8:45-10 pm)			OPEN GYM (12:30-1:30)
8	9	10	11	12	13	14
OPEN GYM (8:45-10pm)			OPEN GYM (8:45-10pm)			ACTIVITY NIGHT OPEN GYM (12:30-1:30)
15 PRESCHOOL OPEN GYM	16	17	18	19	20	21
PRESCHOOL AND PROGRESSIVE CRAZY SOCK WEEK		WEAR YOUR CRAZIEST SOCKS!				OPEN GYM (12:30-1:30)
OPEN GYM (8:45-10pm)		OPEN GYM (8:45-10pm)			OPEN GYM (12:30-1:30)	
22	23	24	25	26	27	28
OPEN GYM (8:45-10pm)				CLOSED	CLOSED	CLOSED
OPEN GYM (8:45-10pm)			OPEN GYM (8:45-10pm)			OPEN GYM (12:30-1:30)
29	30	EVALUATIONS BEGIN THIS WEEK				
CLOSED	OPEN GYM (8:45-10pm)			OPEN GYM (8:45-10pm)		OPEN GYM (12:30-1:30)

PROGRESSIVE