



# Flip Force Gymnastics 2019-2020 Informational Guide

1128 Snow Bridge Lane, Kernersville, NC 27284



Office Hours:

Monday-Thursday 10:00am- 7:30pm

Saturday 10:00am-12:30pm (September-May)

Welcome to Flip Force Gymnastics! You have chosen an incredible sport for your child, one that will enhance every aspect of development. Our professional staff members were chosen to represent our company because of their love for children and their ability to enhance their lives through gymnastics.

Our goal at Flip Force Gymnastics is to improve the overall well-being of your children by creating opportunities for social interaction, physical activity and education which motivate them to embrace a healthy and active lifestyle. Your parent information guide includes our policies and procedures, programs offered throughout the year and class rules. Please keep this guide as a reference throughout the year. Thank you for being an important part of our program! We are glad you are here and look forward to a wonderful year for you and your child



### Inclement Weather

Your safety and the safety of our staff are first and foremost important in the case of bad weather. If we will be cancelling classes or closing our facility due to bad weather, we will post a message on our website's home page and on social media. If there is no message regarding a change to our schedule, we will be open regular hours and classes.

WE DO NOT FOLLOW SCHOOL CLOSINGS FOR INCLEMENT WEATHER. If we are open and you feel unsafe to drive, please call us the next day so that we may schedule a make-up class for you.

### FFG Closings

**September 2<sup>nd</sup>** : Labor Day

**October 31<sup>st</sup>**: Halloween

**November 27<sup>th</sup>-30<sup>th</sup>**:  
Thanksgiving

**December 23<sup>rd</sup>- January 1<sup>st</sup>**:  
Winter Break

**January 20<sup>st</sup>**: MLK

**April 10<sup>th</sup>-18<sup>th</sup>**: Spring Break

**May 25<sup>th</sup>**: Memorial Day

**July 4<sup>th</sup>**: Independence Day

### Sickness

Unfortunately, we all get colds, flu and other illnesses. No one wants to get sick, so please help us control the spread of illness. Our sickness policy is the same as any school system- if in the past 24 hours, your child has been running a fever, vomiting, and severe colds with runny nose, persistent coughing and sneezing, diarrhea- please keep your child home. If your child is too sick to attend school, your child is too sick to come to the gym. Make sure your child washes his/her hands often, uses tissues to wipe their nose, etc. Remember-we offer make-up classes!

# Flip Force Gymnastics

## 2019-2020 Member Information Guide

### Membership Fees

A membership is required for all participants in our program. Enrollment is open all year and renewed annually starting in August. These fees are non-refundable and non-transferable.

### Tuition

Registration Fee	1 <sup>st</sup> Child: \$35	2 <sup>nd</sup> Child: \$25	3 <sup>rd</sup> Child:\$20
<b>Tuition Rates*</b>	Preschool	1 hour rec classes	1½ hour rec classes
Monthly Tuition Amount	\$70.00	\$75.00	\$95.00
Pay As You Go**	\$20.00	\$25.00	\$30.00

**\*Autodraft Mandatory for ALL programs**

\*\*Must call ahead so a spot can be secured for your child in advance.

Late Fees: A \$10.00 late fee will be added to accounts with declined cards if not rectified by the 5<sup>th</sup> of the month.

Multiple class/sibling discounts are offered: Ask the office for more information regarding these discounts.

Police, Firefighters, Teachers and Military: Ask the office for more information regarding these discounts.

### Drop off and pick up policy

Parents are required to stay with their child until our staff takes over responsibility at the beginning of class. Children are required to wait inside our building for pick-up. Children should never wait outside for their ride or walk through the parking lot without an adult. Please note: when class ends, the coach is NO longer watching over your child.

### Enrollment/Transfers/ Waiting List

Students may enroll at any time. Enrolling in the middle of a month simply means that tuition rates will be pro-rated. If there is a conflict with your child's class time, you may transfer to another class time. Ability to transfer will depend on class space availability. If a class is unavailable, your child can be placed on a waiting list. When space becomes available, you will be contacted for enrollment or transfer. Please contact the office with any questions or concerns.

### Make- up classes

Make-ups are allowed if tuition is current. You may make-up no more than 2 missed classes per month. The make-ups must occur within 30 days of the missed class and must be scheduled through our office after the attendance has been documented in the computer. We do not give credits or refunds for missed classes; however, for excessive absences due to an injury or illness, please call the office.

### What to Wear

Leotards, cotton shorts, and cotton t-shirt. No attire may be worn with buttons or zippers. No jewelry. Hair pulled back and out of face.

### Class Withdrawal

☞ Must fill out a written notice 2 weeks prior to last class. You will be responsible for charges 2 weeks from the date this form is submitted to the office regardless of attendance.

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### Recreational Class Schedule

\*Classes run from August 5<sup>th</sup> thru August 2<sup>nd</sup> (Saturday classes run September-May)\*

	Monday	Tuesday	Wednesday	Thursday	Saturday
10:00					GLA TNTA 6/7
11:00		Flipper 3/4 Homeschool			GLB TNTB/C
12:00					TNTB
4:30	Flipper 5	GLA6/7	Flipper 5	Flipper 5	
	GLA 6/7	GLB	GLA 6/7	GLA/B	
	GLA	TNTA/B	GLA	TNTA	
	TNTA 6/7	BLA/B	TNTA	TNTB	
	TNTB			BLA/B	
5:20	Flipper 2	Flipper 2		Flipper 2	
	Flipper 3	Flipper 3		Flipper 3	
	Flipper 4	Flipper 4		Flipper 4	
5:30	GLA	Flipper 5	GLA 6/7	Flipper 5	
	GLB	GLA 6/7	GLB	GLA 6/7	
	TNTA 6/7	TNTA	TNTB	GLA	
	TNTA	TNTB	TNTC	GLB	
	BLA/B		BLA/B	TNTB	
6:20	Flipper 3	Flipper 3		Flipper 3	
	Flipper 4	Flipper 4		Flipper 4	
6:30	Flipper 5	GLA 6/7	Flipper 5	Flipper 5	
	GLA 6/7	GLB	GLA 6/7	Flipper 5-Boys	
	GLC	GLC	GLB	GLC	
	TNTB	TNTC	TNTA	TNTA 6/7	
	TNTC		TNTB	TNTA	
7:30	GLA	GLC	TNT CX	GLB	
	TNT B	TNT B		TNT CX	
	TNT CX				

#### Discipline:

We follow a 3-strike rule for discipline. (1) Verbal warning, (2) time out, (3) leave class for the day.

Under no circumstances will we permit hitting, kicking, punching, spitting, and/or verbal abuse including foul language or disrespect to others.

\*We strive to teach your children respect and positive behavior in class. Please help us make our facility a positive place by going over these policies with your children.

#### School Term Programs

**Afterschool Care:** Designed to offer a positive environment where children can do homework, exercise, and socialize with their peers. Children will be picked up after school by the Flip Force Staff and transported to our facility. Snacks are provided for every child. Children will have homework time in a quiet setting with a supervising instructor. Open gym is offered daily, as well as outdoor games and activities (weather permitting). Ages range from kindergarten- middle school.

#### Schools Out Day Camp:

Camps are geared toward exposure to a wide variety of gymnastics skills throughout the camp week as well as the importance of fitness, flexibility and strength. Crafts, games and special activities are part of our weekly activities. Ages range from kindergarten –middle school.

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### Summer Programs

**Field Trips:** FFG hosts field trips for schools, church groups, daycares, scouting activities and other group events. Fieldtrips are offered week day mornings and on weekends. Field trip activities include supervised gym instruction, obstacle courses, relay races and group games. Please call our office for scheduling.

**Summer Camp:** Camps will consist of gymnastics and tumbling, arts and crafts, snack, group games and activities, outdoor activities, and FIELD TRIP opportunities! Ages range from kindergarten through middle school. Child must be potty trained to attend!

### Annual Programs

**Preschool Education Center (PEC):** . Our program provides an environment designed specifically to meet the needs of preschoolers. We offer preschool education in an active learning environment. Children will learn colors, shapes, letters, numbers and much more in our classrooms and experience the world of gymnastics in our preschool gym!

We offer 3 days/week or 4 days/week for our 18 months-36 months classroom. Our 3-4 year old classroom and Pre-K classroom is a 4 days/week program. Sibling discounts are available; call the office to inquire.

**Friday Night Open Gym:** Offered every Friday with the exception of holidays and special events. The cost is \$10.00 for members and \$15.00 for non-class members. This includes pizza and open gym time from 6:00-9:00pm. Grades: Kindergarten to High-school.

**Parent's Night Out:** Offered once each month from 5:30 to 9:00pm. This includes pizza, open gym time, games, and gymnastics stations. Ages are 4-12 years old. Children MUST BE potty trained to attend. The cost is \$15.00 for class members and \$20.00 for non-class members. Each full paying child may bring a friend for \$5. Registration deadline is the Wednesday prior to PNO event. The payment is due at time of registration. The payment due after registration window has passed is \$25.00 per child.

**Birthday Parties:** Expect a full hour of fun and games in our dynamic gymnastics facility with another half hour for eating cake and opening presents. Group games, obstacle courses, trampolines and so much more await you and your guests at Flip Force Gymnastics. Two options available for a party: a gymnastics party or a gymnastics party with a bounce house\*, there is lots of fun waiting. Provided in the cost below are invitations, decorations, and a t-shirt for the birthday child. (\*available for ages 6 and up)

**Party times:** Saturdays: 2:00-3:30 or 4:00-5:30 (with the exception of holidays or special events)  
Sunday: available upon request and availability.

**Party cost:** Members \$150-\$180\* Non-members \$175-\$180\*. Includes birthday child and up to 10 guests.

Members \$180-\$210\* Non-members \$205-\$235\*. Includes birthday child and up to 20 guests.

Each guest over the allotted number of paid guests is \$7/child the day of the party.

\*Price with bounce house rental.

**Deposit:** a non-refundable deposit is due at the time of booking your birthday party. Invitations are available upon request. Deposit is a part of total party cost. The remaining balance is due the week prior to your scheduled party.

**\*Visit our webpage or call the office for more details on any of the above programs.\***