



Flipz Tumbling Handbook

Sessions are 8 weeks in length. We do not follow the school calendar for holidays or no school. We observe major holidays and will let you know at session signups if there will be no class due to a holiday and will also post on remind app and Facebook page.

Recreational Programs:

Gymnasts will learn the basics on all 4 events; beam, bars, floor and vault.

Our goal is to improve strength, coordination, flexibility, balance, agility, confidence, independence and social skills in a fun, learning environment.

Little Tumblers: Beginner

This class is designed to get the kids moving while working on motor function, coordination, balance, spatial awareness, self-confidence, self-discipline and listening skills. They will learn basics on beam, bars, floor and vault.

Some of the basic skills they will learn include: cartwheels, handstands, bridges, pull-overs, cast, balancing skills, running, jumping, leaping, and agility movements....and of course FUN!

Tumblers: Intermediate

The intermediate classes are still based on the same format and structure as the beginners. Tumblers is considered more of a beginner / intermediate level where gymnastics skills will increase in difficulty, with a continued emphasis on safety. In addition to perfecting beginner skills, they will also be working on round-offs, bridge kick-overs, back hip circles, long hang pullovers, board drills, cartwheels & handstands on the beam and slightly more advanced jumping, leaping, agility movements.and of course FUN!

Aerials: Advanced

In this class we will work on perfecting the basic skills from the intermediate class, combining skills and movement, back walkovers, back hip circles, low to high bar transfers, kip drills, board drills, tuck vaults, front handspring vaults, cartwheels & handstands on the beam, and introduction to back handspring, front handspring, back tuck and front walkover drills

****It is at the coaches' discretion to move your child to a different class depending upon their skill and maturity level for safety.**

Policies:

A membership fee is due at the time of enrollment \$20 for the 1st child, \$16 for the 2nd child and \$10 for the 3rd child.

Absolutely no shoes allowed on gym floor. Parents are not allowed to stay in the facility during class session as it causes distractions.

****Last night of each session is parent's night where our gymnasts are welcome to bring family members into the gym and show off all the skills that they have learned. This is your chance to get close up pictures of them performing.**

All gymnasts are to remain in the gym area at all times including during water breaks. We do not want them running in & out causing the potential of running into each other. All gymnasts are required to



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participate in all areas of gymnastics that is presented to them. Sometimes this may seem scary for them, however, with continued exposure, this fear will lessen and help them build confidence and independence – no exceptions.

Refund Policy:

The membership fee is non-refundable. Refunds for class tuition will not be given unless there is a certain circumstance that is communicated to us and agreed upon.

All fees are due at time of sign-up. You have the option to pay ½ tuition plus membership fee at sign-up with the remaining ½ tuition due at the ½ point of the session.

Makeup Policy:

No refunds or prorated tuition will be given for missed classes.

Please contact us if your child is unable to attend class that evening so that we are not waiting/looking for them.

Communication:

Email address: flipz.tumbling@yahoo.com

Phone numbers: Tiff 605-949-0757

Mailing address: Tiff – 14938 477th Ave Milbank, SD 57252

You will be added to the Flipz Tumbling Remind App in order to get updates/reminders from us with the 1st phone number that is listed on the registration form. Please let know if a different number is desired.

You can also find us on our Facebook and Web page. Please refer to both the app and FB page to answer your questions prior to messaging us as most of the information is listed.

Weather Policy:

We follow the Milbank School District for weather related cancellations. If school is cancelled or let out early, we will not have class that night at our discretion.

We will also post this on our FB page and send out a Remind message as well as let you know when makeup will be. We try to be accommodating for makeup sessions, however, we understand that there may be conflicts.

Illnesses:

If your child is ill or not feeling well, please do not send them to class. This includes any contagious skin or eye infections until they have been on antibiotics for 24 hrs, no further symptoms occur, rash is gone & fever free without medications. We do our best to prevent spreading infections and ask you to do the same for everyone's health.

Arrival/Pickup:

Be sure to arrive 5 min early to ensure your child is ready for class start time. If they miss warmup, they risk getting injured. Please encourage them to use the restroom prior to class start time.



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When class is finished, we ask that they stay inside the building for their safety, until you can escort them out to the car.

What to wear:

Leotards are highly recommended but they may wear tucked in shirts and shorts/leggings.

Please no skirts as they cause spotting problems or get caught in/around equipment.

No socks or tights.

No chewing gum or dangling jewelry.

Hair must be pulled back away from the face.

Food & Drink:

No food is allowed. Please no other beverages other than water in the building.

Gymnasts are encouraged to bring a water bottle and place by the bench in the gym area.

We try to keep our gym clean & appreciate you cleaning up any messes that you make to help.

Lost items:

Items will be placed on the desk for a period of time. After a few weeks, unclaimed items will be donated to the community thrift store or Christian services.

Behavior:

At Flipz, our #1 priority is safety. In order to keep all participants safe, all gymnasts must follow directions and adhere to all safety regulations. If a gymnast does not follow our guidelines and listen to the coaches, they will be given 2 verbal warnings and if behavior continues, they will need to sit on the side and watch for a few minutes. If behavior continues after they have returned to class, they will sit and watch the remainder of the class time. If this becomes consistent, we will discuss further action with the parents.

We will not tolerate ANY bullying in class including name calling, taunting, pushing, etc. If this occurs more than 1-2 classes, the student will be unable to return to class and no refund will be given.

We want your child(ren) to learn gymnastics in a fun and safe environment.

I have read and understand my child(ren) will not be able to participate, if they do not adhere to the policies & procedures of Flipz Tumbling.

Signature

Date

Print