



# Flying High Winter Break Activity Schedule



## COUNTRYSIDE

Friday, Dec 20	Holly Jolly Little Tykes Time: 10-11:30AM    Holly Jolly Little Tykes Time: 1:30-3pm St. John Lutheran Pizza Fundraiser: 7-10pm (PUBLIC EVENT!)	
Saturday, Dec 21	Open Gym 12-2pm	
Sunday, Dec 22 NO CLASSES		Open Gym 12-2pm
Monday, Dec 23 NO CLASSES	Camp 7:30am-5:30pm Little Tykes Time- 10-11:30AM    Open Gym 12-2pm **CLINICS– Cartwheels, Backrolls, & Handstands 3:30-4:15pm / Flip Flops 4:30-5:15pm / Bars 5:15-6pm ***EXTRA MAKE UP CLASSES— Baby Dipper 9-9:30am / Little Dipper 1 & 2 11:30am-12:10pm / Big Dipper & Gym Star Girls 4:30-5:25pm / Intermediate Girls 5:30-7pm	Little Tykes Time- 10-11:30AM
Tuesday, Dec 24	FLYING HIGH CLOSED - HAPPY HOLIDAYS!! NO REGULAR CLASSES	FLYING HIGH CLOSED
Wednesday, Dec. 25	FLYING HIGH CLOSED - HAPPY HOLIDAYS!! NO REGULAR CLASSES	FLYING HIGH CLOSED
Thursday, Dec 26 NO CLASSES	Camp 7:30am-6:30pm Little Tykes Time- 10-11:30am **CLINICS– Backbend 11-11:45am / Cartwheels, Backrolls, & Handstands 11:45am-12:30pm / Bars 2:45-3:30pm / Flip Flops 2:45-3:30pm ***EXTRA MAKE UP CLASSES— Big Dipper & Gym Star Girls 9-9:55am / Rock Stars 1 & 2, Gym Star Boys, Boys' Mini Stars 9-9:55am / Beginner & Level 1 10-11:15am / Intermediate Boys 10-11:15am / Intermediate Girls 10:30am-12pm / Little Ninja 10:30-11:15am / Ninja White & Ninja Yellow 11:15am-12:10pm	FLYING HIGH CLOSED
Friday, Dec 27 NO CLASSES	Camp 7:30am-6:30pm *Camp Field Trip Day to Winter Wonderfest Little Tykes Time New Year's Eve Celebration 10-11:30am and 1:30-3pm ***EXTRA MAKE UP CLASSES— Beginner & Level 1 4:30-5:45pm / Mini Stars 5:45-7pm	FLYING HIGH CLOSED
Saturday, Dec 28 NO CLASSES	Open Gym 12-2pm	FLYING HIGH CLOSED
Sunday, Dec 29 <b>CLASSES RESUME!!</b>		Open Gym 12-2pm
Monday, Dec 30	Camp 7:30am-5:30pm Little Tykes Time- 10-11:30AM    Open Gym 12-2pm	Little Tykes Time- 10-11:30AM
Tuesday, Dec 31	FLYING HIGH CLOSED - HAPPY NEW YEAR!! NO REGULAR CLASSES	
Wednesday, Jan 1	FLYING HIGH CLOSED - HAPPY NEW YEAR!! NO REGULAR CLASSES	
Thursday, Jan 2	Camp 7:30am-6:30pm Little Tykes Time- 10-11:30am	
Friday, Jan 3	Camp 7:30am-6:30pm *Camp Field Trip Day to Safari Land Little Tykes Time 10-11:30am    Inflatable Extravaganza 12-2pm    Pizza Fun Night: 7-10pm (PUBLIC EVENT!)	
Saturday, Jan 4	Open Gym 12-2pm	

## Clinics

**45 minutes - \$15 each**

### Backbend Clinic:

Backbend rocking, standing up, kicking over, and toe pointed backwalkovers! Our expert teachers will help your child get closer to his/her goal! We can also show you some tricks for practicing at home if you are interested! *\*Big Dipper & Up*

### Bars Clinic:

This clinic is great for 2 reasons! 1. If your child is working on one more skill to move up, give your star the extra time to learn it! 2. If your child seems to struggle more on bars than other events he/she NEEDS TIME on the bar. It is the only event you really can't practice outside of class. There are specific "bar" muscles being strengthened just by practicing. Timing is another major factor in bar skills and repetition is the key! Give your star a little edge while school is out. It can only help! *\*Big Dipper & Up*

### Cartwheel, Back Roll, & Handstand Clinic:

Basic tumbling skills are the foundation of gymnastics! If your child needs one or more of these skills to move up to the next class, or even just wants to perfect these 3 skills, this clinic is for you! *\*Little Dipper & Up*

Flip Flop Clinic: Learning a flip flop takes drills, time, and repetition. Use your break to get some extra flip time in!! Qualified coaches can have your child working the drills needed to learn this difficult skill. Trampolines, the flip flop machine, mat stacks, and hand spotting will all be utilized to help your star achieve this goal!

*\*Mini Stars & Up, Intermediate & Up*

## Winter Break Camp

Camp will run December 23-December 27, and December 30-January 3 from 9am-4pm with extended care options available. For children ages 4-12 years. Activities will include: open gym, games, science experiments, arts & crafts, reading, trivia field trips, and lots of fun! Week 1 is themed "Secret Life of Pets" while Week 2 is themed "Rainforest Adventure".

Cost: All 3 Days Without Field Trip (9am-4pm): \$161/child

All 3 Days With Field Trip (9am-4pm): \$172/child

Whole Day without Field Trip: \$59/child

Whole Day With Field Trip: \$71/child

Half Day (9-11:30am/1:30-4pm): \$35/child

Extended Before Care (7:30am-8am): \$8/child

Before Care (8am-9am): No Charge

After Care (4-5:30pm): No Charge

Extended After Care (5:30-6:30pm): \$15/child

\*No Extended After Care Mon 12/23 and Mon 12/30

## Events

Open Gym: Open to all ages. Children 5 years and younger require an adult to stay with them in the gym. Cost is \$12/child.

Little Tykes Time: Open to children in kindergarten and younger. An adult is required to stay in gym with child. Cost is \$5/child.

Pizza Fun Night: Open to kids ages 5 and up. Pre-registration discount is \$15 per child; our pre-registration discount ends at 11:59pm the Wednesday before the event.

Register online. Register after the discount period for \$20 online or at the door.

Inflatable Extravaganza: Open to kids of all ages. Children 5 years and younger require an adult to stay with them in the gym. Join us for an open gym where we will have our 60ft inflatable obstacle course, the wrecking ball inflatable, the basketball challenge, and toddler inflatables all set up at the SAME TIME! Cost is \$15/child.

## Extra Makeup Classes

We will be offering extra makeup options over the Holiday Break. Please call or visit the Front Desk to register.

## Add A Day Flex

An exclusive offer for FH students! Take advantage of the days off school this holiday break by attending class more than once! Attending class more than once a week does make a difference. Drills and repetition are key to learning and perfecting skills. Attending class more than once a week also helps build strength and flexibility! Call the Week before Winter Break to find out if any additional class days & times have openings so your star athlete can attend.

\$15/per class if under 60 minutes

\$18/per class if 60 minutes and over