

# Hocking Valley Flipside

## Session 4!!

We hope that you have been enjoying your classes this session!!

It's time to sign up for Session 4, we ask that you stop by the office and pay your tuition before this session ends. This will keep your "priority spot" for your child in class. If you will not be continuing classes next session, please stop by or call the office and let us know as soon as possible. We have families on waiting lists for some of our classes.



### SESSION 4

Feb. 28 -April 24

8 Week Session

### IMPORTANT DATES

- Feb 20-Feb 25—Payment due for Session 4
- Feb 21—Funtastics Open Gym 12:00-1:00
- Feb 27—New Session Begins
- March 10-11-Boys Gymnastic Team—Home Meet
- March 16—Kids Night Out—7-10:30
- March 20—Funtastics Open Gym 12:00-1:00
- March 31-April 1 Boys Gymnastics Team—State Meet—Lancaster High School
- Spring Break—Gym is open!!
- April 10—Schools Out Open Gym 12:00-2:00
- April 24—Funtastics Open Gym 12:00-1:00
- May TBD—Gym Fest Spring 2012

## New Classes, Clinics and Open Gyms!!

\*\*Dance and Tumble New Class begins Feb 27—  
Age 3-5 Tuesday 12:00-1:00 or Thursday 4:00-5:00

\*\*Kids Night Out— March 16—7:00-10:30 pizza, fun & Open Gym

\*\*Funtastics Open Gym— Tuesday 2/21, 3/30, 4/24 12:00-1:00  
\$5.00 per student \$10.00 per family. Age: Walking -5

\*\*School's Out Open Gym Tuesday April 10 12-2:00pm

\*\*Back Handspring Clinic—Monday Feb 20—11:00-12:30 Age 8+  
Basic tumbling experience required. Call 740-653-FLIP to  
Register by Thursday Feb 16

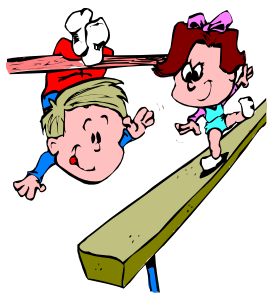


### WINTER WEATHER POLICY



If Lancaster City Schools are cancelled then all **DAYTIME** classes will be cancelled.

For **EVENING** classes (4:00 and later) check our Hocking Valley Youth Sport Center Facebook page, website @ [www.hockingvalleysports.com](http://www.hockingvalleysports.com) or contact the office after 3:00 p.m. at 653-3547 to check recording for cancellations.



## Hocking Valley Gym-Fest

**Hocking Valley Youth Sport Center would like to invite all of our gymnastics class students to the Hocking Valley Gym-Fest that will be scheduled in late spring Gym-Fest is a special event just for our FUNTASTICS & STARTASTICS class students to show**

**-off their skills and routines for family and friends.**

**Gym-Fest is a festive, non-competitive environment with awards for all who participate and plenty of great photo opportunities to capture the moment.**

**We are really excited about this event to showcase our class students and we think the kids will be excited too. We hope all of our students can participate, we are offering this fun event as an important part of our gymnastic class programs.**



810 Slocum St.  
Lancaster, Ohio 43130  
(740) 653-FLIP

DANCE

## KIDS IN MOTION

DANCE

Our award winning Dance Team DXGEMS are preparing for the upcoming competition season.

Dancers are working hard preparing for the annual June recital!

The Dance and Tumble combo classes will be offered beginning Feb 27 in Session 4. The 1 hour class for 3-5 year olds will be offered on Tuesday 12:00-1:00 or Thursday evening 4:00-5:00. The cost is \$127.00 The dance portion of the class will focus on ballet in the dance studio and the other half of the class will be in the Funtastics area for Gymnastics. Students will need to wear a leotard, socks and pink ballet shoes. Register today!!



### HV GYMNASTICS GIRLS TEAM

The Girl's Team competition season is in mid swing. Girls Optional Team competed in Florida, Pennsylvania and Chicago, with great success. Audrey won All-Around at all 3 meets, Erin placed in the top 4 in each meet also. Level 8's have had continued success with members of the team consistently placing in the top 10 in all-around and winning events. At Chicago, Erin placed 1st on Bars, Ali 1st on Vault and Kayla 1st on Floor. Tori placed in top 5 on beam in the last 2 meets. Our Compulsory girls team just competed at the Circle of Stars meet with many top 5 finishes, The Level 4 team finished 2nd. Individually, Bella placed 2nd in the all-around and Kenady 1st on Beam, Floor, and All-Around. Level 6 Sarah placed 1st on Vault, Beam, Floor and All-Around. Level 5's Sophie and Devyn both finished 1st on Bars, Beam, Floor and All-Around Great Job Girls!!!



### HV GYMNASTICS BOYS TEAM

So far this season, the boys gymnastics team has traveled to Chicago, Pennsylvania, Las Vegas, and meets around Ohio for competitions. Along with becoming well traveled and bringing numerous medals and trophies home this meet season they are also gearing up for the big, end of the season meets still to come.

The Hocking Valley Boys Home Meet will be held here on Mar 10-11. The Boys State Meet will be held at Lancaster High School Mar 31-Apr. 1 If you want to come check out a competition, stop by the office for more details. Good Luck Gymnasts!

#### Dress Code at HVYSC

**Hair**- We require all long hair to be pulled back. Bobby pins and hair clips should not be used. These metal objects can pose a safety threat if they fall off into the pit.

**Leotards**- We ask all of our girls to wear a leotard. If you are new and don't have one, shorts and a tight fitting t-shirt that tucks in will do. When baggy t-shirts are worn it makes spotting hazardous.

**Jewelry**- No jewelry should be worn in the gym. The only exception is small stud earrings.

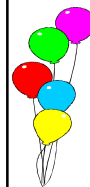
**Boys**- Boys need to wear gym shorts and t-shirt that tucks in.

**Feet**- Socks are required for all Funtastic students. School age kids can either wear socks or go bare footed.

**Sweatpants**- During cold months, dress in layers with sweatpants and a sweatshirt, over the leotard or shirt and shorts, that can be taken off as the child warms up.

## Top Ten Benefits of Gymnastics

1. **Develop coordination** Gymnasts do well with both static and dynamic balance and learn early to fall without injury.
2. **Develop flexibility** Gymnasts are among the most flexible of all athletes.
3. **Develop strength and power** Pound for pound, gymnasts are among the strongest of all the Olympic athletes.
4. **Gain self-esteem**, confidence, and a positive "can do" attitude
5. **Learn fundamentals of movement**
6. **Learn to listen** and follow rules and directions
7. **Social interaction** with peers
8. **Learn to set goals**
9. **Develop skills to enhance other sports** Gymnasts have the opportunity to learn about cooperation, teamwork, sportsmanship, fair play, dedication, perseverance, etc.
10. **It's FUN!**



### Birthday Parties

If you would like to sit back and enjoy your child's next birthday party then have your party here at HVGC. We have the largest indoor "play" area in Fairfield County and would love to help make this a memorable day for your child. Just stop by the office for more details. We also do youth group parties for churches, scouts, sports teams, and more .

### Please Don't Bring Sick Kids

We do have a generous make-up policy so please, we beg you not to bring sick student or siblings to the gym. Just call the office to schedule your make up class.