



HAPPY  
VALENTINE'S  
DAY!

HEAD OVER HEELS  
GYMNASTICS

February 2019

## Ms. Candace's News & Notes

### SESSION # 3 BEGINS

### TATUM'S TOTES SAYS THANK YOU!

Thanks to everyone who contributed to our 3<sup>rd</sup> annual toy drive for Tatum's Totes. Our gaylord box was busting with gifts for children of all ages. Being in foster care is hard for everyone involved and your donation made Christmas a little easier for the foster parents and put a little hope in a child's life.

A Big THANK YOU to all!

Session # 2 begins Monday, January 28th.

SIGN UP NOW FOR SESSION #3 !

Session #3 bring with it some new class options and special events. Keep your eyes and ears open for class expansions and news of our February Nerf Night and Vacation open gym.

We are also revamping our fitness studio in the near future and will be offering new fitness options for everyone! Watch your emails and Facebook as progress takes place.

### OUR PROGRAMS AND PHILOSOPHY

Head Over Heels always has and will continue to maintain its family friendly environment while committing to the best activities for your children.

Our gymnastics classes are group based yet individual to your child's needs. We take their safety in our hands and work with them to be as strong and successful as we can. They learn the Levels and associated skills while following the progressions of USA Gymnastics.

Our Parent Child and Preschool classes are fun while working the age appropriate fine and gross motor skills needed for children as they grow and develop. The use of props, games, and music helps their confidence, balance, coordination, and multi-tasking skills. Learning numbers, letters, memory recognition, speech and pronunciation are all bonuses we find exciting as the children move forward in a session.

The Boys Flipz program is just that, an opportunity for boys to be busy boys, while teaching them patience, good controls, confidence and of course, gymnastics skills along the way.

The special events, birthday parties, open gyms, field trips and summer activities add to our already excellent program. We welcome everyone, not just registered students. Collaboration with our community makes us well rounded and brings satisfaction and success for both parties.

We are very proud of our 23 years of business and are excited to see where the next years will take us.

Be watching as we move forward as there are many new and exciting programs in the works.

Thank you all for supporting us these past years. We look forward to many more.

## BIRTHDAY PARTIES

Birthday Parties are now booking into March! Give us a call to reserve your spot on the calendar. We have many options to choose from with a wide range of prices. Our Nerf parties are still the best in town! As always, we set up, clean up, and manage the entire party time so you can relax, take pictures, chat with friends and family and enjoy the moment with no stress.



## BOYS FLIPZ FOR FUN

Wednesdays, 5p-6p / 6:30p

We want to welcome Coach Tim to our Wednesday Boys Flipz class starting in Session #3. Tim comes to us with competitive gymnastics experience along with a little martial arts and parkour. Class times will be 5p -6p for ages 3-6 and 5p - 6:30p for ages 6 on up.

Still a few spots in the class.

Give us a call to join.

## FEBRUARY BREAK OPEN GYM

February 20<sup>th</sup>, 10a - 2p  
\$7/hr/registered student, \$9/hr/non

Join us for 4 hours of Open Gym fun. We will have the gym floor set up for obstacle fun with the rope, rings, mountain inflatable and more. Eyeplay virtual game, snacks, drinks & pizza, craft table, music and gymnastics.

See You Here!

## This Month's Highlights

### Monday

Open for Field Trips

### Tuesday

10a-Noon Week Day Open Gym

Level 1&2 Skill, Adv. Age 3-5 Skill, Level 2&3 Skill

### Wednesday

Open for Field Trips, Boys Flipz

**FEBRUARY 20<sup>th</sup>, 10a-2p, SCHOOL BREAK  
OBSTACLE OPEN GYM**

### Thursday

Parent Child, Preschool, Adv. Age 3-5, Level 1&2 Skill, Level 2&3

### Friday

Level 1&2 Rec, Parent Child, Preschool, 6p-8p Open Gym

### Saturday

Parent Child, Preschool, Level 1&2 Rec, 11a-1p Open Gym, Birthday Parties 2p, 4p, 6p

### Sunday

Birthday Parties 10a, 12, 2p, 4p

**FEBRUARY 10<sup>TH</sup>, 3p-6p, VALENTINES DAY  
SPECIAL! NERF AND MORE!**

## VALENTINE'S DAY SPECIAL

FEBRUARY 10<sup>TH</sup>, 3p - 6p, \$5/person

### FAMILY VALENTINES SPECIAL MOM'S, DAD'S AND KIDS

Join us for a few hours of family fun and pampering. Activities include:

Nerf War      Crafts      Face Painting

Tea & Juice      Cookies & Crackers

Hand & Neck Massages      Nail Painting

Hair Braids, Feathers, & Clips      Yoga

Wood Working Craft