

What's Happening at *Mini-Hops Gymnastics*

KIDVENTURE

Mini-Hops GYMNASTICS



At Mini-Hops we run camps during school breaks. At camp the kids have a blast doing gymnastics, as well as arts and crafts, have lunch (you provide) and may have a little down time while they watch a short G-rated movie (depending on the length of the camp). The campers will also spend time jumping in and playing in the huge foam-filled pits, jumping on the trampolines and playing games with our fabulous instructors. All of our camps are filled with high-energy, fun activities for kids of select ages (see individual camp details).



THANKSGIVING CAMPS

For: Ages 3-6

Mon. Nov 21, Tues. 22
& Wed 23

Time: 9 am-1pm

More camps available - visit us on the web! www.mini-hops.com

Half Day Mini-Camp

One Friday afternoon a month from 12:30-3:00, kids ages 3-6 years come to Mini-Hops for fun gymnastics and movement, a snack and a small craft.

Fridays Oct 7, Nov 11, Dec 9, Jan 13, Feb 3, Mar 16, Apr 13, May 11

Fridays 12:30-3:00

Call for pricing or visit our website at www.mini-hops.com

No Classes: Dec 19-Jan 2 Special Events Offered!

Shop 'Til You Drop Dec 9th



Right before the holidays, drop your kids off to run off some energy & learn something new, while you do your holiday shopping. Gymnastics, snacks, and crafts will be included.

Ages: 3 1/2 & up (potty trained)

When? Fri, Dec. 9th
5:30-9:00pm

Mom's Morning Out for ages 3-6 Dec 15th!

One Monday a month bring the kids come to Mini-Hops for fun gymnastics, crafts, lunch (you provide) and a movie. Moms or Dads get a morning out! It's a great time for all!

When? Thursdays
Dec. 15; Jan. 19; Feb. 16
All dates run 9:30am-1:00pm



KidVenture Winter Camps

The campers have fun doing "lots of gymnastics", as well as arts and crafts. They eat lunch (you provide) and watch a short G-rated movie. The campers will also spend time in the pit, on the trampoline and playing group games.

Ages: 3 1/2 and up
When? Dec 19,20, 21,22,23
27,28,29 All dates run 9:00-1:00
& /or 1:00-4:00, you choose!

Call for pricing or visit us on the web! www.mini-hops.com

Registration Procedures at Mini-Hops is First Come First Serve

Classes fill fast! Be sure to get the class of your choice! Sign up for any term at any time. **Receive a 10% discount on each additional term!**

We would love to give you your first choice of classes so that gymnastics conveniently fits into your busy schedule. We need your

help so that you can get the class you prefer. Please sign up at your earliest convenience & check class size frequently.

And remember, we offer a 10% discount for each additional term when you register and pay in full.



Customer Surveys

Your feedback is valued!

Mini-Hops Gymnastics staff and management are committed to continually improving our programs and facility for our customers. We listen to those who fill out customer surveys, so please help us offer the programs you are looking for and to improve in areas that you feel need improvement. Thank you for your time and ideas!



Teaching Children to Stay Healthy

It is cold and flu season again and the following guidelines will help us to avoid illness.

The Top 5 Essential Things you can do to avoid getting sick and infecting others are:

1. Wash your hands. Preferably with warm or hot water. Lather until soap foams. Rub hands for the amount of time that it takes to sing the Happy Birthday song twice.
2. Cover your mouth when you cough or sneeze.
3. Stay home if you are sick. This includes keeping your child

- home for 24 hours after they have had a bout of fever, vomiting or diarrhea or flu-like symptoms.
4. Don't touch your face. The eyes, nose and mouth have mucous membranes



which are direct routes to the bloodstream.

5. Avoid sick people. This may seem impossible, but some things to be aware of that could come in contact with many people include: coins, hand rails, door knobs, key boards, and other household and office objects.

Mini-Hops staff is aware of the five essential ways to avoid spreading disease and will help to teach children these important lessons as well.

Learn about Mini-Hops Rhythmic Gymnastics Program!

There is a Parent Meeting to be held



Monday, Nov. 21st
6:30-8:00pm

Anyone who is currently taking rhythmic classes and anyone who is interested in learning more about Rhythmic gymnastics, please come to Mini-Hops for this informative meeting.

Mini-Hops Booster Club ProShop Holiday Sale!



Limited Time Only!

Stocking Stuffers, Leotards, Apparel, Even Tumbling Mats and other equipment!

Hurry, a few days only!
Wed., Dec 7 3:30-8:00
Sat., Dec 10 8:30-3:30

One Stop Shop for all the gymnasts on your holiday list!

Flippin' Fun 5K Run/Walk

Sun, November 13 - 9am

Mini-Hops Gymnastics BOOSTER CLUB is sponsoring a Family Friendly 5K Walk/Run that will begin at the Minnetonka Middle School East in Minnetonka. Terrific competition, certified, times and flat course! Prizes for top finisher in each category. Plus raffles!

The cost is \$20 (no shirt) or \$27 that includes a t-shirt. Please ask for a registration form at our front desk or go to www.sites.google.com/site/flippinfun5krun to print and complete a registration form. See you there!



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Giving Children a Jump on Life

To do more for the world than the world does for you - that is success."