



# **RISING STARS ACADEMY**

**FALL-SPRING  
2011-2012**

## **FLIP-FLIP SHOP**

- Ages 6 & up -

- 1st & 3rd Saturday of Each Month 12:30 - 1:30 -  
- \$10/Child for Members and Non-Members -

Throughout the year, Rising Stars Academy offers Flip-Flop Shops on the 1st & 3rd Saturday of each month. The purpose of the flip-flop shop is to introduce the Flip-Flop (Back Handspring) to children at any skill level. The earlier (younger) you begin developing the Back Handspring, the better. In many schools, a Flip-Flop is a required skill to make the cheerleading squad. The Flip-Flop shops are for ages 6 yrs & up and are not just for beginners. Sign-ups for the flip-flop shops are posted at the front desk. Space is limited, so be sure to sign up early. You do not need to be an RSA member to attend.

- Introduces the Flip-Flop to children at any skill level.
- Each clinic, participants work through a series of stations of the basic parts/movements involved in the Back Handspring to help learn/understand the skill and help perfect the recently learned back handspring.
- Clinics are designed to benefit children of ages 6yrs & up and all skill levels (with the exception of the advanced tumbler)
  - Members and Non-Members may attend.
  - Non-Members must have a registration form filled out prior to their first clinic.
  - Additional clinics and clinic dates are posted on the website: [www.risingstarsacademy.com](http://www.risingstarsacademy.com)

## **OPEN GYMS**

### **Parent & Tot Open Gyms**

- Ages "Walking" - 5 yrs -  
- \$5/child -

Our Parent & Tot Open Gym times are 1 hour long and will allow you and your child to explore our facility and equipment on your own. Staff will be on hand to help out and give you ideas for activities.

- A great opportunity for some quality time with your child(ren) outside the home.
- Come once in a while, or make it a weekly activity
  - Meet your friends with their children
  - Make new friends
- An excellent opportunity for playgroups; something totally different.

Monday, Wednesday, Friday..... 11:00-12:00

Tuesday, Thursday, Saturday..... 1:30 - 2:30

\*(Small Gym Only on Saturdays)

### **School-Age Open Gym**

-Ages 6 yrs - 14 yrs-

\$5/Child (Members)

\$7/Child (Non-Members)

Saturdays..... 1:30 - 3:00

### **High School Open Gym**

-Ages 14 yrs - 18 yrs-

\$5/Child (Members)

\$7/Child (Non-Members)

Thursdays..... 8:00 - 9:30