

# FLIPPIN' INTO SPRING MARCH 20-21, 2010

## SESSION SCHEDULE

Saturday, March 20- Level 5: 5:00pm warm-up; 5:20pm compete (Session 1)

Sunday, March 21- Level 4: 8:30am warm-up; 8:50am compete (Session 2)

Level 6-9: 1:00pm warm-up; 1:20pm compete (Session 3)

Directions: Last year we were informed that not all GPS systems were able to locate our address (12 Olympic Way, Poughkeepsie, NY 12603). If your system is unable to locate the above address; please type in directions to Joe Que's Auto Body (47 Dutchess Turnpike, Poughkeepsie, NY 12603). Once you pull into the road for Joe Que's our building is located to the right.

If you are using Mapquest it will locate our address.

Admission: Adults - \$10.00;

Children (5-12 years old) & Senior Citizens - \$5.00;

Children under 5 admitted free

NOTE: e-mailed to visiting gym coaches on 3/1:

\* Session schedule

\* Directions

\* Rules for visiting gyms; this also has the admission price