

Welcome Back!



Whether you are the parent of a new or returning gymnast, we are happy to have you and your kids here! We are looking forward to a fantastic fall.

Gymnast Information Forms

If you have not already done so, in addition to the fall class information form, we need you to complete a new Health History form for 2010 - 11. This form is available in the office, as well as on-line at:

gymnasticspot.com

A Parent Booklet covering our Policies will be distributed as the forms are received and will be available in the office.

Key Dates



- Fall Session – August 30th – November 6th
- Open House – September 18th 2:30 p.m. – 5:00 p.m.
- PNO (*Parents' Night Out*) – September 25th
- Session 2 payment Due – October 19th

Kindermusik Is Here!



We are excited to announce that beginning Friday, September 17th we will be offering **Kindermusik** classes. Three classes, for different age levels, will be offered. For details and on-line registration, please click on the **Kindermusik** link on our web site.

Customer Referral Program

The greatest compliment you can give us is to refer a friend to the Gym Spot. When a friend registers, and provides your name, we'll give them 10% off their child's first session. Additionally, you will receive 10% off your child's next session. Multiple referrals mean multiple discounts! Customer Referral Cards are available by the bulletin boards.

Special Needs Children

The Gym Spot is proud to have some extra special gymnasts in our midst! **A Big Blast, SRACLC and Gym Spot Special Olympics** are all programs we currently offer for special needs children. For more information, please contact the office to be referred to the program director.

In the Spot Light September 2010

Celebrate National Gymnastics Day!



On **Saturday, September 18th** we will be celebrating National Gymnastics Day with a **free Open House** from **2:30 p.m. – 5:00 p.m.** Demonstrations will include gymnastics, kids and adult yoga, Kindermusik and more. We will also offer face painting and some time in the "bouncie house" for the kids. A free birthday party will be raffled off! **Everyone is welcome, so please invite your family and friends!**

Weather Proof Fun for All Ages

We now offer week day field trips and play dates. Rain or shine, your kids are sure to have a great time! For more information, please visit our web site.

Yoga is Back!



After a summer break, **Kids and Adult Yoga** are back at the Gym Spot! Some of the benefits of yoga include:

- Increased Flexibility and Strength
- Reduced Stress Levels
- Improved Focus and Concentration

For more information please see our web site and/or stop by the office to register.

Tot Time is Here!

Formerly known as Preschool Supervised Practice, **Tot Time** will still provide your children (*ages 18 mo. – Kindergarten*) with some additional practice, under the supervision of a qualified staff member (caregivers stay). We'll also be adding a warm-up time led by the coach, music and other surprises! The price will remain: Members: \$5, Non-Members \$7. Beginning Wednesday, September 8th, **Tot Time** will be held on Mondays, Wednesdays and Thursdays from Noon – 1:00 p.m.

Contact Us

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