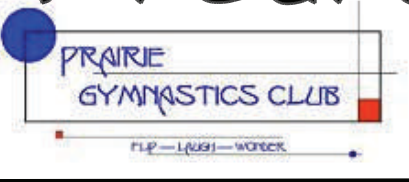


Prairie Gym News



1241 N. Raddant Rd. Batavia, IL 60510

630-485-8648

www.prairiegym.com

Warm-up!

Warm-ups at the beginning of class are designed to raise the temperature of the body so the muscles are ready for physical activity.

Since we don't want the kids to get overheated while they are training, we keep the gym cool. To avoid injuries, please remind your children to wear "warm-up" clothes when they start class. Once they feel sufficiently warm, they can take off the extra layers.



Winter 2 Registration

Sign up during December to save your spot for next session (**Jan. 20-March 28, 2009**).

Priority: December 8-13

Current students staying in the same class.

Change: December 15-20

Current students who need to change their class time, level, or day; and their siblings - no, not change their siblings, just their class!

New Students:

may sign up beginning January 5th.

Checks or cash only...payment plans are available; talk to Suzie.

Did you know...

...bees do not have ears?

...Preschool Playtime will run on a normal schedule during the holidays?

...the six men's Olympic events are Floor, Pommels, Rings, Vault, Parallel Bars, and High Bar?

...a Chinese checkerboard has 121 holes?

...we have new leotards arriving the first week in December?

No Classes

Dec. 24-26; 31
Jan. 1
Jan. 16-19

Upcoming Events

Food Pantry Collection

December 8-13

Please bring a donation for the Food Pantry when you register for next session.

Hawaiian Pineapple Classic (Team Boys)

Dec. 19-21; Schaumburg Convention Center

Wilmette Invite (Team Girls)

January 10

Windy City Invitational (Team Boys)

January 16 -18, 2009
at UIC, Chicago

King Arthur's Invite (Team Girls)

January 24-25

HAPPY HOLIDAYS!

Stay warm,
and enjoy.



Solmate Socks

Have you seen our “very cool” mismatched socks for sale? We are proud to be distributors of these famous (Whoopi Goldberg loves them) socks from Vermont.

The Socklady, Marianne Wakerlin, is a former gymnast and Chicagoan. She once upon a time helped Suzie train for her first National Gymnastics Championship competition. Years later Suzie was a mother’s helper to Marianne and helped her raise two very wonderful boys (who Kevin coached at Midwest Academy in Warrenville before he and Suzie even met)...it’s a small world!

Now Marianne lives in Vermont and is the founder and CEO of the sock company. And before she had a company, she knit these great socks by hand (Suzie and Kevin each have a hand-knit pair :-))

Stay tuned for “Crazy Socks Week” ; the staff will all be wearing Marianne’s Solmate socks.

Come and browse our sock basket and see if there’s pair you’d like.



December Birthdays

1st	Kevin Murphy
2nd	Cameron Burggraaff
3rd	Aspen Baker
8th	Elizabeth Naatz
9th	Ryan Hahn
15th	Makala Fagan
19th	Faith McCallum
22nd	Campbell Bastian
28th	Aidan Huck
29th	Amber Pajeau
31st	Lance Haack

And the winner is...

Congratulations to Maddie Smith, winner of our first story contest. Maddie won a PGC T-shirt for her entry. With permission, her story is printed below. Words of the week are in bold.

On the first day of gymnastics at **Prairie Gymnastics Club**, Maddie was **effervescent** because it was the first day!

First they stretched so they could be **lithe** and then they went on the **parallel** bars. And when they were **inverted**, they made sure their toes were pointed and another word for that is **apex**.

While Coach Suzie fixed the **fulcrum**, we took a **repose** to get our energy back.

I LOVE GYMNASTICS

by Maddie Smith

Thanks to the Igo-Coopermans for the beautiful poinsettias in our lobby.



Dr. Joe King PT, ATC will be in the gym on Friday, December 12th to offer complimentary evaluations.

Dr. Joe has been working in athletic medicine and outpatient physical therapy settings for 10 years. He has a special interest in pediatric sports medicine and functional foot orthotics.

He also has two daughters who attend PGC, and we are happy to have him working with us. He will be available 5:30-7:30pm; no appointment necessary.

Dr. Joe’s office, **Physical Therapy Advantage**, is located at 35 S. Randall Rd. in North Aurora. 630-892-8003