

# PRAIRIE GYM NEWS



1241 N. Raddant Rd. Batavia, IL 60510

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## Spring Specials

March 28-April 2, 2011

In addition to our regular classes,  
we will be offering

### Flip Flop Shops

This 1 hour class will concentrate on drills, strength  
and proper execution of the flip flop.  
Children must be in 3<sup>rd</sup> grade or above.

Times and days will be posted in the next  
Gym News.

**No Preschool Playtime  
Friday, March 4th**

**Happy  
Valentine's  
Day**



## Did You Know...

...March is Muscle Month at PGC?

...the human heart weighs less than a pound?

...a red kangaroo (the largest of the kangaroo species) can jump 40 feet in one jump? That's the entire width of the floor mat in the gym.

...George Washington is the only president who didn't live in the White House?

...our hearts beat roughly 35 million times a year?

...Peoria is the oldest community in Illinois?

**We are open**

**No gym holidays this  
month**

## Upcoming Events

### Yoga

Mondays 7-8:15pm

### Valentine Invitational

February 5-6 (Team Boys)  
Mundelein, IL

### Crazy Socks Week

February 7-12, 2011  
Gym Kids 1 and 2

### Love or Money Invitational

February 11-13 (Team Girls)  
Indianapolis, IN

### Premier West Invitational

February 13th (GIJO Girls)  
Oswego, IL

### Iowa Boys Invite

February 18-20 (Team Boys)  
Iowa City, IA

### Gym Quest Invitational

February 20th (GIJO Girls)  
Plainfield, IL

Feb. 2011

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# Meet Results

Congratulations to our Level 8 girls, Emily Ericksen and Audrey Channon who placed 1st and 2nd All Around respectively at the M&M meet in West Allis, WI, early January. Kristi Zabka, Level 7, placed 2nd on Beam and Peyton Prost, Level 6, was 2nd on Bars.



Our boys team competed in our own Windy City Junior Invitational at UIC in Chicago, Jan. 14-16th. We hosted 883 male gymnasts from across the US and Canada. Accolades to Curran Phillips, Level 7, who placed 3rd on P Bars, and to all the boys for such a good showing. And thanks to all our parent volunteers who made the meet run so smoothly.

This past weekend our Level 5 girls, Eva Ottoson and Sara Hopfensperger placed 1st and 4th All Around at the King Arthur Invitational in Bourbonnais, IL. Eva also placed 1st on Bars and Beam, and Sara was 2nd on Bars. At the same meet, Nora Theeke, Level 6, placed 2nd All Around and 3rd on Floor.

See page 1 under Upcoming Events for dates and locations of more meets.



## February Birthdays

|      |  |
|------|--|
| 2nd  | Molly Breyspraak<br>Garrett Cicci<br>Keegan Richardson |
| 4th  | Nora Theeke  |
| 5th  | Stephanie Anderson                                     |
| 8th  | Taylor Bode<br>Ella Rio                                |
| 13th | Hailey Mueller<br>Hunter Dalisay                       |
| 15th | Luke Carmick   |
| 20th | Sierra Van Craenenbroeck                               |
| 23rd | Lauren DiSandro  |
| 24th | Avery Solomon  |
| 26th | Emily Clayton  |
| 27th | Sydney Erdmann   |

## Gym Kids Theme Weeks



February 7-12 is **Crazy Socks Week**. All Gym Kids 1 and 2 are asked to wear mis-matched socks.

We will be working on rights and lefts, and the unmatched socks make it easier to identify which is which (especially when the kids are upside down!)

The staff will be wearing Solmate mis-matched socks, but any mis-matched socks will do; just wear a different color on each foot.



**Circus Week** is coming up in March. Be on the look out for clowns, jugglers, games, and the Big Top Parade.



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## February is American Heart Month

From the American Heart Association:

American Heart Month is a time to battle cardiovascular disease and educate Americans on what we can do to live heart-healthy lives. Heart disease, including stroke, kills an estimated 630,000 Americans each year. It is the leading cause of death for both men and women in the United States.

Heart disease can be prevented. To keep your heart healthy:

- Get active and exercise regularly.
- Eat a nutritious balanced diet that is low in fat and high in fiber (lots of veggies and fruit).
- Attain and maintain a healthy weight.
- Quit smoking and stay away from secondhand smoke.
- If you drink alcohol, drink only in moderation.
- Talk to your doctor about taking aspirin every day if you are a man over the age of 45 or a woman over 55.
- Learn to manage stress (our yoga classes are good for that).

Get more information at [www.americanheartassociation.org](http://www.americanheartassociation.org).

**Your kids will thank you ♥**