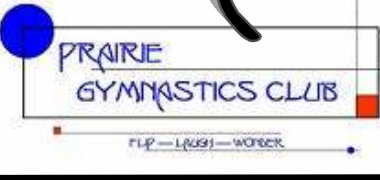


# PRAIRIE GYM NEWS



1241 N. Raddant Rd. Batavia, IL 60510

630-406-6803

www.prairiegym.com

## Ornaments

Thanks to all who brought ornaments and helped decorate our PGC tree. If you would like to take your ornament home, you will find it on the counter top in a box by the trophies. Any ornaments left at the end of January will be wrapped and saved for next year's tree.

## Injury Clinic

**Joe King PT, ATC** will be in the gym on Monday, January 24th, 7-8pm to offer **complimentary evaluations**; no appointment necessary.

Dr. Joe has been working in athletic medicine and outpatient physical therapy settings for 12 years. He has a special interest in pediatric sports medicine and functional foot orthotics.

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

## Did You Know...

...PGC is closed Monday, January 17th; Martin Luther King Day?

...Joe King (see article above) is on the Board of Directors for the Batavia Chamber of Commerce?

...we are offering two new classes beginning January 24th? Tumbling, Mondays 7-8pm and Gym Kids 1, Wednesdays 9:15-10am.

...the tip of the tail of a spider monkey supports the entire weight of it's body?

# No Classes

Monday  
January 17

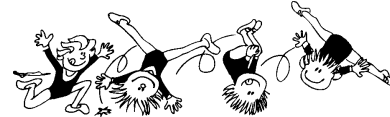
Jan. 2011

Vol 3, No 5

## Winter 2 Registration

How to stay healthy this year...

1. Drink lots of water
2. Eat your veggies
3. Wash your hands a lot
4. Sign up for gymnastics



Are you signed up for the next session????

**Winter 2 - January 24-April 2, 2011**

**Current student** registration begins January 3, (you'll receive a reminder at the end of your class this week)

**New student** registration begins January 18.

We accept checks or cash, and payment plans are available; talk to Suzie.

## Upcoming Events

**Yoga**

Wednesdays 7-8:15pm

**Winter 2 Registration**

Begins Monday, January 3rd

**M&M Invitational**

January 8-9 (Team Girls)  
West Allis, WI

**Windy City Junior Invitational**

January 14-16 (Team Boys)  
UIC, Chicago

**Injury Clinic**

Monday, January 24th; 7-8:00pm

**\*\*\*Food Pantry Collection Week\*\*\***

January 31 - February 5

# Being Green

Please help us be a clean, "green" gym...

1. Use one or two paper towels to dry your hands instead of four or five.



2. Recycle paper, plastic, cardboard, coffee cups, coffee cup lids, slurpee cups, hot chocolate cups, cans, bottles, plastic straws, etc.

3. Make sure garbage goes in the waste baskets, not NEXT to the waste baskets.

4. Wet boots and shoes should be left on the black rubber mats, to your left as you come in the building.

5. Drink from a reusable water bottle instead of a one time use bottle.

6. If the bathrooms need to be re-stocked, either let us know, or help yourself ☺

8. Please put toys away when you are done with them in the balcony.

9. Please, please, please close the inside door to the gym so the cold air stays OUTSIDE.

*Thanks*



## January Birthdays

3rd	Peyton Wagner
10th	Alana Rapinchuk
11th	Nikki Hannan
	Austin Humbert
12th	Clay Hanlin
	Callie Gardner
13th	Morgan Gonski
15th	Coach Ryann
18th	Sean Foley
21st	Sarah Katz
22nd	Nick Krella
	Giovanna Larson
25th	Becky Rentz
27th	Maddie Smith

## Gym Kids Theme Weeks

**Jungle Safari Week** is January 3-8, and we're going on a Tiger Hunt!



Stay tuned for Winter 2 when we will do **Circus Week** and **Crazy Socks Week**.

## Preschool Playtime

Can't take the little ones out to play because of the weather? Don't forget, we offer Preschool Playtime for children ages 1-Kindergarten:

Wednesdays 10-11:15am

Fridays 1:30-2:45pm

The cost is \$5 each time, or buy a punch card, 10 times for \$40.

All children must be accompanied and supervised by an adult.

**No playtime Friday, Jan. 14th**



## Windy City Invite

Prairie Gym Club is proud to host the 15th annual Windy City Junior Invitational, January 14-16, 2011 at UIC in Chicago.

With over 900 boys registered from across the country and Canada, this is one of the largest boys' meets in the country.

The competition runs Friday through Sunday at 901 W. Roosevelt Rd. in the P.E. building on the UIC campus. Schedules are available at [windycitygymnastics.com](http://windycitygymnastics.com).

In conjunction with the Jr meet, the 41st NCAA Windy City Competition is Saturday night at 7pm. Featuring six nationally rated collegiate teams, this is always an exciting event not to be missed.

