



## Did you know...

...Suzie takes the hands and feet home every weekend and runs them through the dishwasher?

...we have a changing table in the front bathroom?

...some of our hand sanitizer was donated by the company next door (ESI)?

...we have wonderful "crazy socks" for sale? They make great gifts!!!

...Jonathan Swift (*Gulliver's Travels*), Mark Twain (*Tom Sawyer; The Adventures of Huck Finn*), and Sir Winston Churchill were all born on November 30th?



...if your child has a Gym Star up on the board in the hallway, you can take it home?

...Christian Dalisay and Coach Kevin are headed to Colorado Springs later this month for the National Future Stars Competition?

...Coach Dan is moving to Missouri?

...the one place where a flag flies all day, never goes up or comes down, and does not get saluted, is the moon?

## Staying Warm

During the winter months, please make sure your children wear "warm-up" clothes for warm-ups. Sweatshirts, sweatpants, long sleeved shirts, and leggings (no tights that cover the feet) are all fine. A t-shirt under a leotard works well, too. Once they feel sufficiently warm, they can take off any extra layers.

## Sweatshirts

PGC sweatshirt orders are due November 17th. Order forms are available at the front desk. Orders will be ready for pick-up by December 15th. Add an embroidered name on the right chest for \$5.

## Gym Kids Theme Weeks

Each 10 week session we will be doing two special theme weeks for our Gym Kids classes.

This past session we did a Fire Safety Week where our kids had lots of fun learning stop, drop and roll, trying on fire fighters gear, and climbing "out the window".



Just last week our kids went through a "haunted house", jumped over spiders, climbed over ghosts, and did spider hangs, bat hangs, and zombie walks for Halloween Week.



Our Winter 1 session (Nov. 3-Jan, 16) will feature a Jungle Safari Week (Nov. 16-21) and a Winter Wonderland Week (Dec. 14-19).



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

## Yoga

We're still working on the Yoga classes; we'll let you know as soon as we get them going.

## November Birthdays



1st	Jenny Steurer
2nd	Maggie Miller
4th	Kevin Tegtmeyer
11th	Kendall Tollas
12th	Coach Liz
13th	Kinga Blando
15th	Jackson Steele
20th	Rebecca Marston
	Will Szot
21st	Julianna Anderson
24th	Lucas Doyle