

# PRAIRIE GYM NEWS



1241 N. Raddant Rd. Batavia, IL 60510

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www.prairiegym.com

## November News

**Yoga - Wednesdays 7-8:15pm**; \$14 drop-in or 5/\$55 punch card. Instructor: Desiree Eastham  
Desiree describes her yoga classes:

"I love to weave in themes and tantric practices such as mantra, pranayama and meditation along with the asana. We move with awareness led by our breath. We open and strengthen our body through restorative, therapeutic or preparatory postures while leading to a beautiful expression of an apex posture. My classes honor all abilities as we invite the receptivity of grace."

**Congratulations** to Coaches Kevin and Devin and their gymnasts who qualified to National Future Stars testing. Matt Szot, Curran Phillips, and Christian Dalisay traveled to Colorado Springs early November to compete at the Olympic Training Center. Seems the hard work pays off 😊

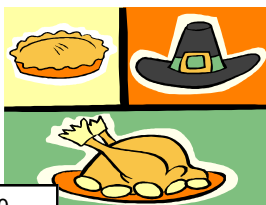
## Did You Know...

...the Geneva High School girls team will be training at Prairie Gymnastics on Tuesdays and Thursdays?

...as of 2009, the average American consumed 45 lbs of sugar and 39 lbs of high fructose corn syrup a year? In 1999 it was 65 lbs total.

...the light switch for the balcony is at the bottom of the stairs?

...the most popular fruit in America, by pounds purchased, is the banana?



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## No Classes

Thursday & Friday  
November 25-26

## Winter Camp

Too cold to go out and play?  
Join us during your winter break for  
**Winter Gymnastics Camp**

Winter camps for children 1st grade and above  
run December 27, 28, 30, 31

9am-12noon

\$30 one day / \$50 2 days or 2 children

\$75 3 days or 3 children / \$100 4 days

Camp activities include all the Olympic events for boys and girls, trampoline, tumble trak, games, contests, conditioning, flexibility, break time (bring a healthy snack), parachute, and lots of fun.

## Upcoming Events

**Yoga**

Wednesdays 7-8:15pm

**Winter 1 (Nov. 8-January 22)**

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

November 15-20

Level 1 and up, bring 2 cans of food for the pantry. We will use them to exercise during warm-ups before we donate them to the Batavia Food Pantry.

**Batavia Festival of Lights**

Sunday, November 28th 5:30-7:30pm  
Batavia Riverwalk

**Injury Clinic**

Monday, December 6th; 7-8:00pm  
(see page 2)

**Hawaiian Pineapple Gymnastics Invitational**

December 17-19; Schaumburg

**Winter Camp**

Dec. 27, 28, 30, 31  
9-12noon

# Holiday Gifts

Check out our Pro-Shop for holiday gifts and stocking stuffers.

We have PGC T-shirts, sweatshirts and caps; and leotards from GK Elite (we get a new shipment at the beginning of each month).

Our SolMate products make wonderful gifts...we carry socks, scarves, and hats: "Crafted with care in the USA from recycled cotton." The yarns are created by recovering the scraps from the production of other cotton products, mainly t-shirts. All of the little cotton scraps are gathered together and ground up so that they can be re-spun into "new" yarn. The yarns are then knit into colorful socks. Yarns are 80% cotton, 19% nylon and 1% lycra added for durability and stretch, color and a conscience! The materials used are certified to be free from harmful substances (i.e. toxins like formaldehyde), made with respect for the environment and with respect for human rights."

The socks are sold as a pair for adults, a "pair and a spare" for kids, and "2 pair and a spare" for infants.

**Socks** \$18  
**Scarves** \$25  
**Hats** \$25



# November Birthdays

- |      |                   |
|------|-------------------|
| 2nd  | Natalie Warner    |
| 4th  | Kevin Tegtmeyer   |
| 6th  | Alivia Haack      |
| 10th | Mia Pomeroy       |
| 11th | Kendall Tollas    |
| 12th | Coach Liz         |
| 17th | Katherine Osborne |
| 19th | Andrew DiSerio    |
| 20th | Rebecca Marston   |
|      | Will Szot         |
| 21st | Julianna Anderson |
| 24th | Lucas Doyle       |
| 25th | Aisling McGrath   |
| 29th | Isabella Pufundt  |

# Gym Kids Theme Weeks

We hope you didn't miss Pirate Week, Fire Safety Week and Halloween Week during our Fall session.

Winter 1 will feature a **Jungle Safari Week** (Dec. 6-11)



and a **Winter Wonderland Week** (Jan. 3-8).

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

## From Coach Cheryl

### Difficult

"Each time we steal a student's struggle, we steal the opportunity for them to build self confidence. They must learn to do hard things to feel good about themselves."

Author: Sylvia Rimm

## Gym Warm-ups

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.



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Joe King, owner of PT Advantage in North Aurora will be doing free evaluations on Monday, Dec. 6th;

7-8pm. Stop by with your boo boos and get an expert's opinion. No appointment necessary.