

# PRAIRIE GYM NEWS



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## Accomplishments

Congratulations to...

Coach Liz who competed in her first Power Lifting competition and blew everyone away! She won best overall lifter and set the national squat record for her weight class. See her videos on our Facebook page.

Curran Phillips, Caleb Ercoli, and Coach Devin who qualified to National Future Stars testing set for early December at the Olympic Training Center in Colorado Springs.

## Upcoming Events

### Winter 1

November 7-January 21

### Thanksgiving Break

November 23-25

### Winter Wonderland Week

December 5-10

### Hawaiian Pineapple Gymnastics Invitational

December 16-18; Schaumburg

### Winter Break

Dec. 23-Jan. 1

### Classes Resume

January 2, 2012



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## No Classes

Wednesday-Friday  
November 23-25

## Winter Camp and Flip Flop Shops

Too cold to go out and play?  
Join us during winter break.

### Winter Gymnastics Camp

For children 1st grade and above

Tues/Thurs, Dec. 27 and 29

9am-12noon

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

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.

### Flip Flop Shops

For children 3rd grade and above

Monday, Dec. 26; 4:30-5:30pm

Tuesday, Dec. 27; 3-4pm

Thursday, Dec. 29; 4:30-5:30pm

\$15 one day / \$25 two days / \$30 three days

## Did You Know...

...you should take your Gym Stars and your birthday flyers home?

...we're starting an adult Stretch Class Thursdays 7:40-8:25pm? Free the month of November. Classes begin November 3rd.

...candy corn was invented in the 1880s?

...Preschool Playtime will run at the normal times the week of Thanksgiving?

...turkey has more protein than chicken or beef?



Please join us on  
Facebook  
at Prairie  
Gymnastics

# Holiday Gifts

Please help us keep our new lobby floor clean by putting wet and muddy shoes and boots on the rubber mats along the north wall.



## 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.

Thanks to all who donated so generously to the Food Pantry Drive this past month.



## November Birthdays

2nd	Maggie Miller Dylan Ston
4th	Kevin Tegtmeyer
6th	Reese Coonrod
9th	Coach Matt
10th	Kayleigh Pedigo Mia Pomeroy
11th	Kendall Tollas
12th	Jack Burke Coach Liz
13th	Linnea Popp Brian Davoust Braelyn Davoust
16th	Isabella Helm
20th	Rebecca Marston Will Szot
24th	Joey Martin Lucas Doyle



It's never too early to start your holiday shopping. Our **Solmate** products (designed and created by one of Suzie's former coaches) make wonderful gifts...we carry socks, scarves, and hats:

"We are proud to create a product that is made in the U.S.A. Our socks are knit from 100% recycled materials. The cotton yarn is created by recovering the scraps from the production of cotton products, mainly t-shirts. By using recycled yarns, Solmate Socks decreases the amount of water, chemicals and by-product wastes of manufacturing, reduces CO2 emissions, and helps reduce the demand for new cotton crops. Our recycled yarns are certified by Made in Green and Oeko-Tex. Our materials are free from harmful substances, 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. New colors and holiday styles are available this year.



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



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

## Gym Kids Theme Weeks



Winter 1 will feature **Winter Wonderland Week** (Dec. 5-10). Feel free to bring an ornament for our tree.



Our very popular **Jungle Safari Week** is Jan. 9-14, 2012.



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