

Prairie Gym News



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prairiegym.com

THANK YOU

...To all who have so enthusiastically joined us at Prairie Gymnastics in our first month.

...To all who have worked so hard to help us get PGC up and running. For the past month we have had many volunteers who have washed and painted walls; scrubbed, washed, and cleaned floors, bathrooms, and filthy concrete; hammered, drilled, set up equipment, and patiently laid tile; donated time, food, energy, services, supplies, encouragement, and endless good cheer.

Because of all of you, PGC is on its feet and running. We are so excited to share this dream with so many wonderful people.

THANK YOU FROM THE BOTTOM OF OUR HEARTS,
SUZIE AND KEVIN

Did You Know???

...our cat Boo, is named after Boo Radley in *To Kill a Mocking Bird*.

...Kiera Oshiro was our first recreational student to climb to the top of the rope!

...Cheryl Dalisay **MADE** the awning over the front door!!!!

...we recycled our paint buckets to make waste-baskets.

CLOSED

Fri, Oct 31st
Thurs-Fri, Nov. 27-28

September
2008
Vol 1, No 2

PGC Grand Opening

Join us on Saturday, September 6th, and help us celebrate our Grand Opening. The schedule is as follows:

4:00pm	Social Hour
5:00pm	Ribbon Cutting Ceremony with Mayor Jeffrey Schielke
5:15pm	Team Demonstration
5:30pm	Kids Open Gym
6:15pm	Cake Cutting Ceremony
6:30pm	Local Band - "The Fallen"

**Bring your friends and family;
everyone is welcome!**

Upcoming Events

Grand Opening
Sat, September 6th
4 - 7:30pm

Winter 1 Registration
Begins October 6th

St. Charles Scarecrow Fest
Oct. 10-12

Halloween
Friday, Oct. 31st
WE ARE CLOSED

Winter Session
November 3 - January 17
(10 weeks)

Windy City Invite
January 16 -18, 2009
at UIC, Chicago

The Benefits of Participating in a (our) Gymnastics Program

All children can benefit from participation in gymnastics. These benefits are related not only to learning gymnastics skills, but more importantly, to developmental areas that will help your child become a better student and young adult. Children, regardless of ability, should stay in gymnastics for 3-5 years, if not longer, to get the full benefit of what gymnastics has to offer. Below is a small sampling of what gymnastics activities can provide.

Self Confidence - Through the challenge of learning gymnastics skills, children gain confidence with each progression they master. Doing skills on the beams and bars helps them gain confidence in their own abilities. This improved self confidence will transfer to other areas of their lives including school.

Coordination - Gymnastics helps develop coordination, body awareness and kinesthetic awareness.

A Sport for All - All children can find success in the sport of gymnastics, whether they are a “natural” or not. Because we can control their progress by offering individual challenges and goals, every child can succeed at different aspects of the sport.

Hard Work Ethic - Gymnastics is a tough sport. The best thing about it is that kids have to earn the skill, we can't just give it to them. This hard work teaches them that the more they work, the more they learn. What a great life lesson.

Flexibility / Strength - Gymnastics builds flexibility and strength better than any other sport. In turn, the strength and flexibility they gain in the gym will help limit injuries in other sports.

Social Skills - Gymnastics gives kids a chance to learn about social skills like listening, following directions, taking turns, being quiet, respecting others, and cheering on their class mates.

Fitness - In this world where obesity has become a major health problem, fitness is CRITICAL to the current and future health of our children. Our classes are full of activities that will help your child be more fit and keep them healthy.

Overcoming Fears - Some parts of gymnastics are very challenging. We think this is good training for all kids. They need to be challenged. To face a challenge, maybe with a little fear, and then accomplish the challenge is a wonderful part of gymnastics, and it happens all the time.

One of our joys as your children's teachers is to see their faces light up when they do something they never thought possible. It makes all the hard work (theirs, yours, and ours) worth every second!

SEPTEMBER BIRTHDAYS

HAPPY BIRTHDAY TO:



Sept 5	Suzie Kinsman
Sept 11	Thomas Howard
Sept 12	Ben Bastian Katie Miller
Sept 13	Luis Garcia
Sept 14	Aidan Garrity Ashlyn Garrity Reilly Garrity
Sept 26	Kevin Chope
Sept 30	Amy Tentlaken



***We Recycle!!!
Please help by
using our bins.***

