

PRAIRIE GYM NEWS



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Did you know...

Welcome

Welcome to our second year at Prairie Gym Club. We are excited to see so many new and returning students.

A special welcome to new and transfer team members **Connor Beattie, Thomas Foley, Kayla Kammes, Eva Ottoson, Julian Pin, Peyton Prost, Kevin Tegtmeyer, Jeffrey Zofkie**, as well as new coach **Liz Gebuaer** and new office staff **Cyndi Hanlin**.

If you did handstands on your vacation, bring us a picture for the **Handstand Wall**. If you didn't, do one next time...the Wall will be up all year!

Don't forget, we are big into recycling. Plastic, cardboard, paper (and even those Saturday morning coffee cups—just empty the liquid first, please).

Join us **Saturday, September 12th** for an anniversary celebration and Open House (see the article in the next column).

Upcoming Events

Fall Session

August 24-November 2, 2009

National Gymnastics Day and Open House

Saturday, Sept. 12
2-4pm

Preschool Playtime

Begins in October
Wednesdays 10:15-11:30am
Fridays 1:15-2:30pm

Winter 1 (Nov. 3-January 16)

Registration begins in October

No Classes

September 7

Prairie Gymnastics Club is celebrating its one year anniversary?

In conjunction with **National Gymnastics Day**, Prairie Gym Club will be running an Open House **2-4pm on Saturday, September 12th**, featuring the Family Fitness Challenge, a team exhibition, preschool open gym, and anniversary goodies.



Schedule:

2:00-2:45pm Preschool Open Gym
(1 year old through Kindergarten, with an adult)

2:45-3:00pm Team Exhibition

3:00-3:45pm Family Fitness Challenge*
(1st grade and up/child and adult partners)

3:45-4:00pm Awards and Goodies

*Pay \$1 or bring a canned food donation to participate in the Family Fitness Challenge or Preschool Playtime. Proceeds go to benefit the **Batavia Food Pantry**.

*Family Fitness Challenge:

Parents, are you up for the challenge? Here's your chance to climb the rope, jump in the pit, test your strength with chin ups and sit ups, and prove that you've "still got it".

Team up with your child, and sign up for our Challenge (walk-ins are welcome). Bring friends and neighbors (participants do not have to be members of PGC). Each team is a child and parent (or adult family member). We'll do a short warm-up, proceed to fitness stations, offer lots of support and encouragement, and end the afternoon with Fitness Certificates and anniversary goodies.



Make-ups

A note about our make-up policy...

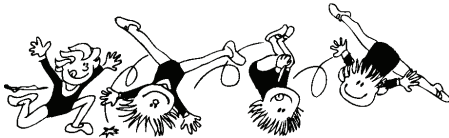
We encourage all students to attend their regularly scheduled class (consistency is the key to progress). In the event of illness or an emergency, we offer one make-up per session **subject to availability**.

For the safety of all, we cannot schedule make-up students into a full class.

Make-ups must be scheduled through the office, within the session. No make-ups will be scheduled the first week of a new session.

Please talk to Jenni, Cyndi, or Suzie if you need to schedule a make-up.

Thanks for your cooperation.



Gym Kids News

Gym Kids 1, 2, and 3 have some special events coming up in October.



Fire Safety Week is October 5-10, 2009

Our lesson plans will include tips on fire safety, and some fireman's gear to try on.

Halloween Week is October 26-31, 2009

We will do bat hangs and spider crawls and all kinds of creepy things. We would love to see your costume, but for safety reasons, please don't wear it to gymnastics. Bring us a picture instead!



September Birthdays

3rd	Alex Ritter Madeline Ward
5th	Julia Tortorici Coach Suzie
9th	Sarah Michael
11th	Thomas Howard
12th	Ben Bastian Katie Miller
14th	Gavin Coyle Tara Graham Ashlyn Garrity Aidan Garrity Reilly Garrity
17th	Kerry Abello
20th	Sydni Diebold Kate Wecker
21st	Lauren Wegner Libby Saloga
26th	Coach Kevin

We recycle...
Please help by using
our bins.
Thanks!



Yoga

Interested in an adult yoga class at PGC? We'd like to get a class or two going and are looking for a teacher and students. ☺

If you are interested in teaching or participating, please talk to Jenni, Cyndi, or Suzie and give us your day and time preferences. We'll try to put something together for our Winter session which begins November 3rd.

