

PRAIRIE GYM NEWS



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Welcome

As we enter our fourth year at PGC, we are happy to see so many returning faces and excited about the new students who continue to discover our gym. We feel very fortunate to have so many loyal supporters and students; it's such a pleasure to see our "gym family members" walking to school, attending local festivals, and even at the grocery store.

To keep things running smoothly at the gym, here are a few reminders:

Make-ups - we offer one make-up per session, within the session. Call the office to schedule a make-up.

Wounds and warts - please cover any open wounds or warts with bandages that will stay on during a work-out. We have extra gym tape if you need some.

Pony Tails - long hair must be tied back away from the face; please clip wayward strands back too.

Recycling - please help us stay clean and green; put away toys, feel free to replace empty t.p. rolls, and don't forget, we are big into recycling. Plastic, cardboard, paper, and even those Saturday morning coffee cups (just empty the liquid first, please).

If you see something that needs our attention, please let us know. Thanks!

Upcoming Events

Fall Session

August 29-November 5

National Handstand Day

Saturday, Sept. 17th

11:30-12:15pm

Pirate Week

September 19-24

Gym Kids Fire Safety Week

October 10-13

No Classes

September 5th;
Gym Closes at 3pm on
Monday, October 31st

Sept. 2011

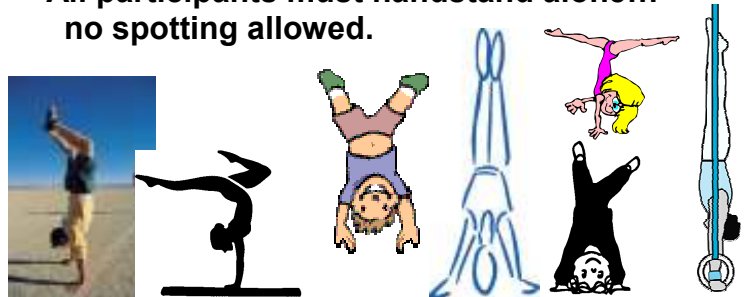
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National Handstand Day

Join us as we help USAG (the governing board of gymnastics in the US) set a handstand record.

On Saturday, September 17th at noon, we need to have as many people as possible in a handstand. Meet at the gym at 11:30am and sign in if you're not a current student. We'll do some practice handstands first, then get everyone situated so we can get a picture (or two or three). At 12noon sharp we'll turn upside down for a picture, and then e-mail it to the USAG office.

All participants must handstand alone... no spotting allowed.



Did You Know...

...during the heat wave when we had the big garage door open, someone asked "where did the wall go?"

...the Irvine girls suggested we switch the Handstand Wall with the Gym Star wall? Now we have room for more handstand pictures; thanks Irvines!

...Coach Liz is training as a power lifter? Her competitions begin in October.

...Coach Cheryl is training for her first 5k?

...Coach Liz jumped out of an airplane this summer?

...Dustin (**Fitness Grind**; see page 2) is getting married September 30th? Congratulations, Dustin!

Welcome to new staff members:

Laurie Crowe and Matt Speedy

Laurie, a Batavia resident, was a gymnast at Midwest Academy of Gymnastics (Warrenville) a "few" years ago. She has been teaching at GymQuest in Plainfield for the past year, and is happy to have a shorter commute. She also works full time at TV Access in Batavia. We're excited to have her join our family at PGC.

Matt is joining us as a full time employee. He was once upon a time one of Kevin's students! As a gymnast, Matt was a high school Floor and High Bar champion, and qualified to USAG Nationals 4 times. He comes to us from GymQuest where he was boys head coach for the past 4 years. He is a USAG professional member and USAG Safety certified. You'll see him teaching everything from Gym Kids 1 through Level 10 team boys.

New "Stuff"

We have some wonderful new "updates" in the gym. You can't miss our new lobby look; the tile is non-skid, super durable, and looks great (still waiting for the finishing touches, though).

We also have new uneven bars, new mats, and a new safety zone for our vault area, all from the Cover Girl competition at UIC (yes, Shawn Johnson vaulted on that safety zone! 😊)

Sweatshirts

It's that time of year again; crisp mornings and evenings, and time to get out the sweatshirts that have been in hiding all summer.

If you need to update your sweatshirt wardrobe, please see the attached order form for information on how to order PGC hoodies (zip or pullover).

Orders need to be in by September 24th. Hoodies will be delivered in October.

Adult Classes



Have you heard about the **Fitness Grind**? Dustin Piatkowski, CPT is offering adult fitness classes Monday, Tuesday, and Thursday nights, 6:30-7:30pm.



The whole-body workouts are run in a group format similar to a "boot camp". Based on functional movements which can be progressed or regressed, the workouts can accommodate any number of fitness levels. Kettle bells, weighted sleds, medicine balls, and resistance



training bands are also employed for further resisted functional movements. So whether you're a fitness nut or a beginner, come try a class and see what it's all about. The first class is free, and punch cards are available for all levels of commitment.

September Birthdays



1st	Sam Stinsa
2nd	Shea Fink
4th	Mia Rizzi
5th	Ashton Roye
	Julia Tortorici
	Coach Suzie
6th	Danielle Koldoff
7th	Hannah Wangler
9th	Sarah Michael
11th	Paige Bain
12th	Ben Bastian
14th	Gavin Coyle
	Aidan Garrity
	Reilly Garrity
20th	Kate Wecker
	Sydney Diebold
23rd	Otto Rizzi
	Karinna Popp
26th	Coach Kevin