

# PRAIRIE GYM NEWS



1241 N. Raddant Rd. Batavia, IL 60510

630-406-6803

www.prairiegym.com

## Parking Lot Etiquette

We're getting busier, and so is our parking lot! Here are a few tips:

- We have 10 slots in the rear of the gym (it's still closer than a mall parking lot 😊)
- When parking in front of the garage doors and on the north side — please pull all the way in.
- Please don't block the driveway to the rear of the building.
- And remember to check your mirrors and look out for people crossing the lot. Some of our customers are pretty short!

## Spring Break Specials

March 25-30, 2013

In addition to our regular classes, we will be offering

### Flip Flop Shops

This 1 hour class will concentrate on drills, strength, and proper execution of the flip flop. Children must be in 2nd grade or above.

**Times and days will be posted in the next Gym News.**

### ...and 1 day Camp

Monday, March 25th; 9-12noon

1st grade and above  
Cost is \$30 or 2/\$50

Please sign up at the front desk, or call 406-6803 to register.

## Did You Know...

...Coach Matt is getting his knee scoped?

...the only **Monday** holidays we close are MLK, Memorial Day, and Labor Day?

...we have parking spots behind the gym?

...summer schedules will be available in April?

...your heart will pump about 56 million gallons in its lifetime?

...porcupines float in water?



## Upcoming Events

**Great Western Invite** (Girls/Boys Teams)  
February 17-18; UIC

**All American Invite** (Girls Team)  
February 23-24

**Sweetheart Classic** (GIJO and Pre Team Girls)  
February 23-24; Premier West, Oswego

**Salto Invite** (Boys Team)  
March 1-3; West Allis, WI

**Joe G. Invite** (Boys Team)  
March 9-10; Premier Downers Grove

**Palmers Invite** (GIJO and Pre Team Girls)  
March 10; Palmers, Bloomington

**Girls State Level 7**  
March 16-17; Dupage Expo Center, St. Charles

**Girls State Level 8**  
March 23-24; Bourbonnais, IL

**Boys State** (Boys Team)  
March 23-24; Dupage Expo Center, St Charles

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# February Birthdays

- 2nd Molly Breytspraak
- 4th Nora Theeke
- 5th Stephanie Anderson
- 7th Laura Creech
- 8th Ella Rio
- 10th Dana Schmidt
- 11th Reese Holleman
- 13th Hunter Dalisay  
Mia Zink
- 14th **HAPPY VALENTINE'S DAY**
- 15th Jenna Zimmerman  
Lana Zimmerman
- 21st Ciara Mahan
- 23rd Lauren DiSandro  
Jacob Rio
- 24th Avery Solomon
- 25th Keri Krivograd  
Alexa Soto
- 26th Sydney Enger  
Aubrey Enger
- 27th Sydney Erdmann



## Heart Health Month

The main factors that contribute to heart disease are inactivity, obesity, smoking, diabetes, high blood pressure, high cholesterol, and excessive alcohol intake.

The American Heart Association recommends at least 2 1/2 hours of physical activity a week for adults to stay healthy. Regular exercise and healthy eating can reduce blood pressure, regulate cholesterol, control blood sugar, and increase lean muscle mass while burning fat to manage weight.

Take care, and show your heart some love this month.

Adapted from The Costco Connection Feb. 2013

**Mark your calendars for  
 Parents' Night Out  
 Saturday, April 13th  
 Details in the next  
 Gym News**

## Meet Results

### Legacy; Girls:

Level 8	Nora	5th Vault
Level 7	Eva	2nd Beam
	Taegan	2nd Vault, 4th Bars/Floor, 3rd AA
Level 6	Dayna	3rd Vault; 2nd Floor/AA

### Windy City; Boys:

Level 10	Laith	5th Pommels
Level 9	Christian	1st PB, 3rd PH, 6th HB
Level 8	<b>2nd Place Team</b>	
	Caleb	1st Floor, 4th Rings/AA 2nd HB
	Curran	5th HB
	Matt S.	5th Pommels
	Matt I.	4th Floor
Level 6	<b>3rd Place Team</b>	
	Hunter	4th PB, 5th HB, 6th AA
	Josh	3rd PB, 1st HB
	Adam	5th Floor
	Nathaniel	4th PB/HB
	Ethan	6th HB
Level 5	Nathan	3rd Floor
	Gavin	4th Pommels
	Nick F.	6th HB
	Timmy	7th Pommels

### King Arthur; Girls:

Level 8	Nora	Qualified to 8 State
Level 7	Eva	6th Beam
Level 6	Dayna	5th Floor, 7th AA

## Gym Kids Theme Weeks

### Crazy Socks Week is

February 4-9. Make sure your Gym Kids 1 and 2 wear mis-matched socks so we can work on rights and lefts.



**Circus Week** is March 4-9. Get ready for the Big Top, Bozo Buckets, balloons, juggling, and balancing.

