

PRAIRIE GYM NEWS



1241 N. Raddant Rd. Batavia, IL 60510

630-406-6803

www.prairiegym.com

Happy New Year!

Learn something new

"Taking a class in a subject you enjoy is a great way to rekindle your love of learning."

Walk in the park

A walk can do wonders to reduce stress. Take advantage of our local parks.

Volunteer

"Volunteering is good for your physical and mental health, as well as the local economy."

Rediscover the library

Head to the library to enrich your life, and lose yourself in a good book.

Try a sport (gymnastics) or an activity (playing tag, jumping rope, dancing, or bike riding) that you like and do it at least three times a week!

Make every day count!

Stay Healthy

Get more sleep; drink lots of water; eat fruits, veggies, and whole grains; exercise; laugh; have fun!

Challenge yourself

Vow to try something you've never done before, then do it!

Did You Know...

...January is National Stay Healthy Month?

...your foot and your forearm are the same length?

... there are 31,557,600 seconds in a year?

...a piece of paper cannot be folded more than 7 times?



Jan 2013

Vol 5, No 5

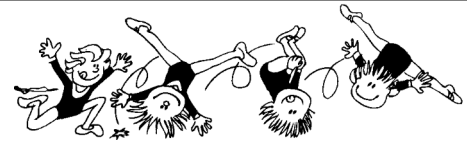
Winter 2 Session

Have you registered for Winter 2 yet?

Check in with Jenni or Cyndi at the front desk, and get your spot reserved.

Payment plans are available,
1/2 at sign-up, 1/2 by the 4th week.

Session dates are: Jan. 22-March 30



Upcoming Events

Legacy Invite (Girls Team)

January 12-13; Kane County Fairgrounds

Windy City Invite (Boys Team)

January 18-21; UIC, Chicago

King Arthur Meet (Girls Team)

January 26-27; Bourbonnais, IL

GIJO Practice Meet (All GIJOs)

Saturday, Feb. 2; 1:30pm at PGC

Tim Daggett National Invitational (Boys Team)

Feb. 2-3; Springfield, MA

Valentine Invite (Boys Team)

Feb. 2-3; Mundelein, IL

Closed

No Classes
January 21
Martin Luther King Day

January Birthdays

3rd Mia Zaragoza
 7th Ruby Brady
 9th Teagie Merrill
 Gabriella Vozza
 11th Katie Meyers
 12th Clay Hanlin
 13th Andrew Boyer
 Lauren Sacchi
 15th Coach Ryann
 18th Lucy Gorski
 Dora Tsina
 22nd Erin Bird
 Nick Krella
 25th Becky Rentz
 28th Timmy Foley
 31st Coach Laurie



Winter 2 Themes

Week of:	Gym Kids	Rec Classes
Jan. 22	Safety	Safety
Jan. 28		Healthy Heart
Feb. 4	Crazy Socks	Agility
Feb. 11		Wrong Side
Feb. 18		Tramp Week
Feb. 25		Stick It
March 4	Circus Week	Muscles
March 11		Muscles
March 18	Pit Week	Muscles
March 25	Review	Muscles

Windy City Junior Boys
 Invitational
 at UIC
January 18-21.
 Competition schedule is
 available on the
 Windy City website at:
windycitygymnastics.com



Meet Results

Hawaiian Pineapple, Girls:

Level 7 Nora 1st Vault, 2nd Bars,
 3rd AA
 Eva 2nd Beam
 Taegan 2nd Vault
 Level 6 Dayna 3rd Vault

Hawaiian Pineapple, Boys:

Level 10 Laith 2nd Pommels
 Level 9 Christian 1st HB, 2nd Pommels
 Level 8 **1st Place Team**
 Caleb 1st Floor, Rings, PB,
 AA; 2nd HB
 Curran 1st Floor, Rings, PB,
 AA; 2nd HB, 3rd PH
 Matt S. 2nd PH, Rings; 6th AA
 Matt I. 1st Floor
 Level 5 Nathan 3rd Floor

New at Prairie

Prairie Gymnastics has started a Junior Coaches Training Program. Under the guidance of Coach Matt, high school juniors and seniors will receive hands on training, as well as on-line courses through the USAG.

Junior coaches will assist with classes, open gyms, camps, field trips, and birthday parties.

Keep your eye out for our inaugural group: Amy, Audrey, Ben, Collette, and Courtney.

Gym Kids Theme Weeks

Our very popular **Jungle Safari Week** is THIS WEEK! Gym Kids will be going on a tiger hunt, swinging from, and climbing through vines while the Level 1s and up will climb the ropes to get a Tarzan Club certificate.

Crazy Socks Week is February 4-9. Make sure your little ones wear mis-matched socks so we can work on rights and lefts.

