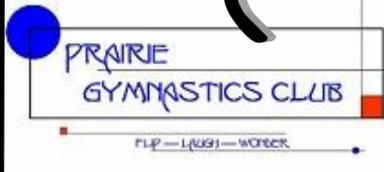


PRAIRIE GYM NEWS



1241 N. Raddant Rd. Batavia, IL 60510

630-406-6803

www.prairiegym.com

Upcoming Events

Fall 2 Session

October 23 - December 22

Gymazing Finds Holiday Apparel Sale

December 4 - 5; in the Lobby
(see their ad on page 2)

Scrip Sales in the Lobby

The Booster Club will be selling Scrip gift cards in the lobby; dates will be posted on the bulletin board

Hawaiian Pineapple Classic (Boys/Girls Teams)

December 15 - 17
Schaumburg Convention Center

Holiday Break

December 23 - January 3
Stay tuned for the Open Gym schedule

Gymnastics... A Good Sport for Kids

Amanda Borden—1996 Olympic Team Captain

It's a sport for all sports - Gymnastics provides a great foundation for ALL sports. Gymnastics develops strength, flexibility, balance, agility and coordination... all skills needed for sports like hockey, basketball, volleyball and football. The flexibility used to do a leg split is the same flexibility a hockey or soccer player uses to save a goal. The balance and coordination a gymnast develops to jump on a balance beam is similar to the skills needed by a pitcher on the baseball mound. Whether you become a competitive gymnast or participate in other competitive sports, gymnastics gives you a great foundation to succeed!

It makes you a better math student - That's right, math is considered a spatial sport, which means the more children move in different ways, the more connections are made in the brain that improve spatial awareness. Kids need good spatial skills to understand mathematical equations and geometric principles. Gymnastics does just that! Gymnastics moves improve body awareness and help wire the brain for math success.

Weather and seasons aren't a factor - Gymnastics is a year round sport so there is no need to wait until gymnastics season; you can participate year round or on your schedule. It's an indoor sport so you don't need to wait for the weather to warm up or cool down. Plus, you can participate in your "off" season from other sports to build strength and coordination.

It teaches resilience and mental toughness - In a sport where the best athletes at the highest levels still fall and make mistakes, gymnastics teaches resilience and mental toughness. It's a sport where you fall again and again, and have to continually "get back on the horse". In 1992 I was crushed when I didn't make the Olympic team. But the culture of gymnastics is to continue to get back up and never quit trying.

(continued on page 2)

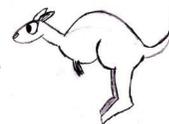
November 2017

Vol 10, No 3

Did You Know...

...Benjamin Franklin opened the first US Library on Nov. 8, 1731?

...kangaroos use their tails for balance while jumping?



...Minnesota farmers raise approximately 46 million turkeys annually?

...sweet potatoes are rich in fiber and an excellent source of beta-carotene, vitamin C and potassium?

...the average lifespan of a major league baseball is 7 pitches?

No Classes

Nov. 22-24
Dec. 23-Jan. 3



November Birthdays

- 1st Peter D.
Alexa B.
- 2nd Samantha R.
Natalie W.
- 4th Cora L.
- 5th Adrienne C.
- 6th Cooper T.
Reese C.
- 10th Mia P.
- 13th Braelyn D.
Bri M.
- 14th Leah F.
- 18th Isabelle J.
- 20th Will S.
- 21st Declan S.
- 22nd Blakely R.
- 25th Olivia C.
- 29th John M.
Louis T.



Thanksgiving Week

Regular classes Monday, Tuesday, Saturday.
No recreational or Gym Kids classes Wed-Fri.

Open Gym (1st-6th grade) \$5 members/\$8 guests
Wednesday/Friday 4-5:30pm

Preschool Playtime (1 year through KG) \$5
Must be accompanied by an adult

Monday	10:45-12noon
Tuesday	11:15-12:30pm
Wednesday	10-11:15am
Friday	10:15-11:30am

Thanks to everyone who brought in donations for the Batavia Food Pantry in October; we were able to deliver two boxes and five bags of groceries.

Gymazing Finds

Annual Holiday Apparel Sale

**Mon/Tues. Dec. 4th and 5th in our lobby,
3:30-8:30pm**

Items for purchase include leggings, capris, flannels, sweatpants, hoodies, headbands, matching American Doll leos, and boys performance shirts, shorts, and pants.

Leotards, both regular and clearance, will be available from Alpha Factor, Foxy's Fitness, and Snowflake Designs.

We also have Aly Raisman socks.

With each purchase, you can enter to win an outfit in our raffle.

Personalization will be available on site

*More holiday gifts...we have
Solmate socks, hats, scarves,
and mittens for sale.*

Check out our lobby display.



(continued from page 1)

Four years later I not only made the team, but was named the captain of the gold medal winning team known as the Magnificent Seven. Gymnastics is a sport where you learn to quickly put your mistakes behind you and move on.

Social Skills and Life Lessons - Gymnastics requires kids to stand in line, take turns using equipment, to listen to and apply a coaches feedback. All things that develop real life skills like patience, following directions, being quiet and respecting others. Gymnastics teaches commitment, dedication, respect, time-management, and builds confidence and self esteem.... all the qualities we want our children to have to be successful students and human beings. With (most gyms) offering programs starting at toddler age, gymnastics can be great social preparation for starting school.

Flying, swinging, climbing and bouncing - Swinging, climbing, jumping, flipping.....is fun!!! What's a child not to love about gymnastics? With participation in youth sports declining and the obesity rate in children increasing...it's important that we keep kids involved, engaged and most of all, having FUN while participating in sports!

