



# GYMNASTICS EAST

## December Newsletter

Bellevue 425-644-8117

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# Happy Holidays



### BAD WEATHER POLICY

During any School District closures related to bad weather, please call us to check on class status or visit the website at [www.gymeast.com](http://www.gymeast.com)

If school is delayed, our morning classes may also be delayed. If school is canceled but the roads are clear & the gyms are accessible we may be running some or all classes.

### Coughing, Sneezing, Headache, Runny nose, Fever or Nausea?

If exhibiting any of these, please do not bring them to gym until they are symptom free for at least 24 hours.

We want to minimize the risk of spreading a cold or the flu.

## Special Open Gyms December 29th

Tiny Tot Open Gyms in Issaquah  
Regular & Advanced Open Gyms in Bellevue

See flyers in the lobby .  
Register online or at the office. Deadline 12/22/18.



### Winter Break Closure

We will be closed from Sunday, December 23rd thru Sunday, January 6th.

## Winter Break Drop & Play

Fri. December 28th 9am-1pm  
at our Bellevue gym

Enjoy a day out while your kids enjoy open gym, games, pizza and a movie!

Cost: \$40 + tax per child.

See flyer for details

Register online or at the office

Deadline 12/22/18

## Winter Break Mini Camp

Wednesday - Friday,  
January 2nd—4th  
1:30pm - 5:30pm

at our Bellevue Gym

For Boys & Girls in 1st - Middle School

Cost: \$159 + tax

See flyer for details

Register online or at the office

Deadline 12/22/18.

### Winter Wonderland Month

We'll be using this theme for some extra fun activities during the warm up and on some events all month using snowballs, frisbee sleds, & paper skates to creatively teach skills & strengthen muscles.

Ask your child about this fun & motivating warm up.



ALSO

### Handstand Month

During class this and next month, we will be awarding stickers for handstands.

One sticker for a vertical handstand, 2 for 2 sec. hold, 3 for longer.

Parents, help with home practice! Provide a safe practice area, hold one ankle in vertical & time their handstand.

### Play Wisely

A Fun, Engaging, Science-based Play system to kick-start

learning for 4 months—3 years

Play Wisely starts January 7th

For more information look under 'classes' on our website see flyer in the lobby