



# GYMNASTICS EAST

## December Newsletter

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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.

### **Retail Sale**

coming Dec 2nd—21st

**30% off all leotards, shorts,  
T-shirts, sweatshirts and  
hats.**

**Great Christmas Gift Ideas!**



### **Winter Break Closure**

We will be closed from  
Sunday, December 22nd thru  
Wednesday, January 1st

The next billing cycle is  
due January 3rd  
for classes  
Jan. 10th—March 5th

Upcoming Closures:  
Feb. 17th—22nd  
May 22nd—25th

These closures are not  
charged in your tuition pay-  
ment, so no  
make-up class needed.

## **Parent Night Out**

Fri. December 27th 4pm-8pm  
at our Bellevue gym

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

**Cost: \$45 + tax per child.**

See flyer for details

Register online or at the office

Deadline 12/26/19

### **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.

.....coming next month

### **“Football Month”**

Don't miss seeing how we  
incorporate this theme  
into our  
Gymnastics classes

