



GYMNASTICS EAST

December Newsletter

Bellevue 425-644-8117

Issaquah 425-392-2621



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

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, Nausea?

If your child is exhibiting any of these symptoms or does not feel well 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 & the flu.

Mini Nationals

January 20th

for 1st - 5th Grade Girls
at 1:30, 3:30 & 5:30pm
at our Issaquah team gym
(1590 NW Maple Street)

\$22 entry fee

includes goody bags & ribbon awards

Registration opens January 2nd.



Winter Break Closure

We will be closed from
Tuesday, December 19th thru
January 1st.

The next billing cycle is
January 2nd
for Jan 8th—Mar 3rd session

Although the number of class days per month may vary, your tuition has been calculated to average out over the course of the school year.

Skill Clinics

If you are struggling with a skill these clinics are perfect.
Offered by our senior instructors throughout the school year. See the flyer in the lobby for details.

Parking Lot Alert

It's dark early.....it's wet often
Watch for children in the parking lot

Back up very slowly..... Drive with extreme caution

Winter Wonderland Month

We'll be using this theme for some extra fun activities during the warm up and on some events all month.

We'll be using snowballs, frisbee sleds, & paper skates to creatively teach skills & strengthen muscles.

Ask your child about this fun & motivating warm up.



ALSO

Handstand Sticker 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, and time their handstand.

.....coming next month

"Football Month"

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

