

# WELCOME BACK CHILDREN'S GYM FAMILIES!

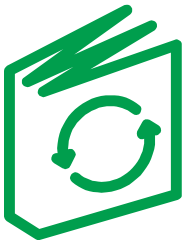


Dear Children's Gym Families,

As summer comes to an end the staff at Children's Gym is busy planning classes, events, and camps for all our gymnasts. We are very excited to see our students again and to get back to tumbling, twisting, jumping, and twirling! This year brings many new and exciting changes at The Children's Gym which we are excited to share with you here.

In addition, we want each of you to know how much we love teaching your child(ren)! It is such a pleasure to see how each student grows and develops throughout the gymnastics experience. Gymnastics not only teaches new skill sets in the gymnastics arena but is also an integral part of building self-esteem, confidence, and courage. Thank you for sharing your children with us!

Sincerely,  
The Children's Gym Staff



## **Children's Gym Registration Handbook**

Have you seen the 2009-2010 parent handbook? This handbook is designed to answer parent questions about policies and procedures at The Children's Gym. For your convenience, the handbook is available to download from our website. Simply go to [www.childrensgym.com](http://www.childrensgym.com) and from the home page select the link titled Handouts and Newsletters.

## **Summer Highlights at The Children's Gym**

This summer brought several new classes and experiences at the Gym. Gymnasts enjoyed using this time to enhance gymnastics skills as well as 'keeping' gymnastics in their routine year round.

### *Cartwheel Clinic and Back Handspring Clinic*

We had a feeling these clinics would be a hit but they went even better than expected. Our gymnasts developed strong cartwheels and back handsprings with some students even moving on to one arm cartwheels! We were especially pleased with the increase in confidence that spread throughout these clinics. *Look for more clinics this fall during non-school days.*

### ***The Children's Fair***

On August 22<sup>nd</sup> we held a block party on NE 43<sup>rd</sup> Ave. in celebration of finishing our 25<sup>th</sup> season. 700 people came through that day to partake in the festivities! Families from past and present came to enjoy the mist line, inflatable slides, rock wall, bouncy house (& bouncy obstacle course) and 3-way monkey motion bungee jump. Radio Disney stopped by to make an appearance and we hosted an open gym upstairs. It was a great event and good time for everyone!



## ADDITIONAL CLASS OFFERINGS AT THE CHILDREN'S GYM

### AT THE BARRE CLASSES

Within our space, we've added a new dance company named At the Barre. At the Barre offers two classes:

#### **Me and My Wand**

*for 2-3 year olds*

What parent doesn't yearn for their own time to dance and play? This parent participation dance and tumbling class is sure to get the whole family fired up.

#### **Tiny Dancers**

*for 4-5 year olds*

Tap your toes to the rhythm of the beat, twirl and whirl in a pink tutu, and tumble and cartwheel to your heart's desire!

**Reserve your child's spot today!**

*(please visit our front desk for flyers and class information)*

### **FitKids - Getting Kids Fit, Healthy and Happy**

*For 6-14 year olds, Tuesday and Thursday 5:30pm*



Meeting the fitness goals of our member families is something we love to do at The Children's Gym. In honor of this commitment we are offering a new program for children 6-14 years of age. Based on Portland Public Schools' benchmarks and The Children's Gym's lessons, FitKids Program goal is to create healthy, happy children and families through *Exercise, Nutrition and Fun*. The FitKids Program is a twelve week challenge for not only children who are at risk of weight related health problems, but also for parents who play a vital role in sharing their children's life habits.

#### **How does FitKids work?**

The FitKids Program consists of two classes per week which focus on three building blocks to healthy living:

**Fitness-** Daily at-home activities are to be completed which involve the whole family

**Nutrition-** Healthy Eating Information Cards, Healthy Eating Tips/Guidelines, Weekly Recipes

**Mental Wellness-** FitKids Binders with daily worksheets (ties nutrition, exercise and the general feelings of the students on a daily basis)

Each and every class is designed to incorporate all three of the **FitKids** goals: 40 minutes physical activity, 10 minutes nutrition education, 10 minutes mental wellness exercises.

#### **Important Tuition Announcement:**

This season all families are required to pay tuition via AUTOPAY. The Payment Procedures section of the 2009-2010 Parent Handbook outlines how auto pay works. If you have questions or need to set up automatic payments, please contact the front desk.

Autopay occurs on the 21<sup>st</sup> of each month. If you need to drop your child for the upcoming month's lessons, it must be done before the 20<sup>th</sup> of the current month (if you do not want to be charged on the 21<sup>st</sup>). It is the parent's responsibility to communicate enrollment cancellation to the front desk. Please do not rely on your child(ren) to do so. Thanks.

## FIRST QUARTER HIGHLIGHTS

### OCTOBER

- Oct. 5 – Classes Begin
- Oct. 9 – Zoo Day Camp \*\*No Morning Classes due to camp. Afternoon classes from 3:30 on will still be held (*please make a note*)
- Oct. 20 – November Cancellation Deadline
- Oct. 21 – November Tuition Due
- Oct. 26 thru Oct. 31 – Costume Week
- Oct. 26 thru Oct. 31 – Last week of October classes

### NOVEMBER

- Nov. 2 – Classes Begin
- Nov. 6 – Pirate Day Camp \*\*No Morning Classes due to camp. Afternoon classes from 3:30 on will still be held (*please make a note*)
- Nov. 11 – Super Hero Day Camp \*\*No Morning Classes due to camp. Afternoon classes from 3:30 on will still be held (*please make a note*)
- Nov. 16 thru Nov. 21 – Camera Week
  - Mark your calendars! Camera Week happens only twice a year.
- Nov. 20 – December Cancellation Deadline
- Nov. 21 – December Tuition Due
- Nov. 24, 25 & 27 – Sports and Fitness Camps \*\* No Morning Classes due to camp. Afternoon classes from 3:30 on will still be held (*please make a note*)
- Nov. 26 – Gym Closed/Thanksgiving holiday
- Nov. 30 – December Classes Begin

### DECEMBER

*Note: December Classes Begin Nov. 30*

- Dec. 7 thru Dec. 12 – Parent Participation Week
- Dec. 20 – January Cancellation Deadline
- Dec. 21 – January Tuition Due
- Dec. 21 thru Dec. 24 – Winter Camps \*\* No Regular Classes due to winter camps. Saturday, Dec. 26 Classes WILL be held (*please make a note*)
- Dec. 25 – Gym Closed/Christmas holiday

**Cancellation Note:** We make every effort to make gymnastics an enjoyable experience for your child(ren). If for some reason you need to cancel their classes, **please do so** by the **20<sup>th</sup> of the month**. This allows the staff enough time to contact those on our waiting list. Failure to give notice by the indicated deadlines may incur additional charges for the next month, whether your child(ren) attends those classes or not. Thank you for your continued understanding pertaining to this matter.

### **CHANGE IN SICK POLICY**

**There is a change in our sick policy this year. The Children's Gym can no longer allow sick or feverish children into classes. We would like to see all our families well, so we have provided sanitizer in the waiting room. Please have children use the sanitizer on their hands before they enter the gym. Thanks!**

*For more information about this new sick policy and all our other policies, please visit our website [www.childrensgym.com](http://www.childrensgym.com) (from the home page select the Handouts and Newsletter link)*