



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 our website at www.gymeast.com under Breaking News.

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

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**

.....coming next month



"Football Month"

Don't miss seeing how we incorporate this theme into gymnastics.

Winter Break Closure

We will be closed from Tuesday, December 20th thru Monday, January 2nd.
Classes resume on Tuesday, January 3rd.

The next tuition payment is due the week of December 12th for our next session, Jan. 3rd thru Feb. 25th.

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

Monthly Clinics are offered for 1st - 5th grade girls by our senior staff to help children master skills they are struggling with. Please see the flyer in the lobby for dates/times, the focus of these clinics and how to sign up.



Thank you for giving us the opportunity to work with your children this year.

Our goal is to raise their level of self esteem so they will achieve.

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 in December & January, we will be awarding stickers for handstands.

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

Parents,

Help them practice at home!
Provide a safe practice area, hold one ankle in vertical and time their handstand.