

VALIANT GYM-NEWS

Volume 1, Issue 10
November-December 2009

NEW PROGRAMS!

There's a lot going on in November and December at VGA! We're excited to launch our new Friday Fun Nights and Super Saturdays. Both of these are designed to give the kids a safe place to have fun while giving you time to do whatever you need without the little ones. We provide a supervised atmosphere with lots of entertainment to keep them happy.

Details are available at the desk. Be sure to think of VGA while planning your busy holiday schedules.

Also coming in December are Drop & Shop days.

Very similar to Friday Fun Nights and Super Saturdays but scheduled during the day to provide you with entertainment for the little ones while you have a few hours to shop, wrap presents or just schedule a few hours to yourself.

We would like to thank each and every one of you for your continued patronage. We truly appreciate your membership and trust in our facility!!

Have a wonderful Thanksgiving and a very Merry Christmas!!



Inside this issue:

New programs	1
Preschool Open Gym	1
Save the Dates!!	2
Christmas shop at VGA	2
Closed for the Holidays	2
Benefits of Gymnastics	3
VGA Team News	4

Special points of interest:

- Preschool Open Gym starts this month
- Christmas Shop in the pro shop!
- VGA Team meets UK Team

PreSchool Open Gym!

We have added a special program to our schedule. We now offer preschool Open Gym! This is an opportunity for preschool gymnasts to work on the equipment in an unstructured, yet, supervised environment. **Great for Play Dates!** Each child must be accompanied and supervised by an adult. \$5.00 per participant.

Monday 2:00-3:30

Thursday 10:00-11:30

PRESCHOOL PARTIES, SUPER SATURDAYS AND DROP & SHOP DAYS



Save the Dates!!

Preschool Parties-November 23rd & 30th

December 11th & 14th

12:30-3:30

Super Saturday-November 21st

December 19th

Starting at 6:00pm

Drop & Shop-December 5th, 12th & 19th; starting at 10:00am

Details available at the counter

Drop and Shop

Special themes are planned for each day:

December 5th-Frosty The Snowman, Rudolf the Red Nosed Reindeer and Charlie Brown

December 12th- How The Grinch Stole Christmas

December 19 - The Polar Express

The kids will have supervised instruction in an open gym atmosphere

Christmas Shopping In our Pro Shop

If you're looking for unique gift items for your gymnast be sure to check out our Pro Shop! We have items for every gymnast on your list. From leos to blankets we're sure you'll

find something they'll love! And, all items can be personalized with embroidery!

From leos to blankets we're sure you'll find something they'll love!



CLOSED FOR THE HOLIDAYS

We will be closed the following days:

November 26th, 27th & 28th-Happy Thanksgiving!

December 21st-26th-Merry Christmas!

December 31st closing at 1:00

January 1st, 2010-Happy New Year!

Please see us at the counter to schedule a make-up class



50% OFF 2nd Class!!

Don't forget our ongoing special offer of 50% off a second class. This is a very affordable way to get double the class time!!

Benefits of Gymnastics

Gymnastics is one of the most comprehensive sports programs for your child that incorporates all basic fundamental movements, providing a good base for all other sports. It helps children develop physically, mentally and psychologically. Skills they gain from participation in gymnastics will continue benefiting them throughout their lives.

Physical benefits: The development of physical and motor skills. It can lay the foundation for strength, endurance (muscular, respiratory, cardiovascular), agility, balance, flexibility, power, coordination, good posture, and the knowledge of how to fall and roll safely.

Cognitive benefits: awareness of the body, space and where the body is in it. Awareness of relationships with others, and awareness of body parts.

Psychological benefits: the joy or movement mastery, discipline and self control. A pleasurable exercise habit, a confident self image and a positive attitude towards their bodies. Trust in one's own abilities: move from a world of " I can't" to " I can".

Social benefits: understand socially acceptable behavior, respect for other people, manners, sharing and waiting a turn. Cooperation and integration are encouraged at all times.

Intellectual Benefits: the ability to think for themselves, to stimulate their imaginations and to solve problems safely.

Emotional Benefits: gymnastics reinforces and enhances learning through the use of music, colors, numbers, shapes and vocabulary - beneath/behind, right/left, counting etc.

Gymnastics teaches time management, self-responsibility, perseverance, attention to detail, goal-setting skills, concentration and focus, building self-esteem and confidence, listening and following instructions.



VGA Team News

VGA Team had a fun team outing to the University of Kentucky to meet the UK Gymnastics Squad. Everyone personally met the girls while getting signed posters.

The season is now in full swing and everyone is doing great. Our first meet at Champion Gymnastics in Louisville was a huge success with many personal achievements. We're looking forward to the rest of the season sure to bring many more achievements and rewards.

Good Luck to all of the girls during their current season!! We are always very proud of you!

Our Mission

To help your child be active,
healthy and creative in a FUN
and SAFE environment

VALIAN
GYMNASTICS
ACADEMY

AMERICA'S FOOT CENTER

Visit Dr. Robert J. Herbst for all of your
foot care needs

7559 A Mall Road
Florence, KY 41042
859-757-8262

308 Walnut Street
Lawrenceburg, IN 47025
812-539-3668

Valiant Gymnastics Academy 5796 Constitution Drive, Florence, KY 41042
859/525-VGA1(8421) info@valiantgym.com www.valiantgym.com

Current Waivers must be on file for participation in any event at VGA