

VALIANT GYM-NEWS

Volume 1, Issue 11
February 2010

Summer Fun!!

Don't miss out on the fun this summer! Preschool Class Themes include: It's a Jungle in here!, Banana Splits Week, Pizza-Popcorn & Popsicle week, It's raining-it's pouring Gymnasts, Dancing under the Stars and MANY MORE.

We will also add school age recreational classes to our day time schedule featuring special themes. This was a huge hit last year and classes filled up quickly.

As a special "Thank You" for summer students, stay enrolled in June and July and take a second class for FREE in August !!

Mark your calendar now for Summer Camps!! Dates are:

June 14th-18th June 28th-July 2nd July 12th-16th July 26th-30th

Special themes each week! Ages 3 and up. Camp runs Monday-Friday, 12:30-3:30.

More information coming out soon!

Early Bird Enrollment! Sign up and pay before May 31st and receive 15% off! Camp costs are \$100 per week; \$75.00 each for 2 weeks; \$50.00 each for 3 or more weeks. Sibling discount not available



EXTRAVAGANZA PLANS!!

OUR ANNUAL EXTRAVAGANZA WILL BE HELD SATURDAY, MAY 22ND & SUNDAY, MAY 23RD

STUDENTS WILL START LEARNING ROUTINES SOON TO SHOW OFF TO FAMILY AND FRIENDS. MORE DETAILS COMING SOON.

SPOTLIGHT PRE-SCHOOL CLASS

Mrs. Rhonda has been a valued member of the VGA family since 2009, when she joined us as the Pre-School Director. Mrs. Rhonda brings with her 25 years experience and an infectious personality.

In addition to Mrs. Rhonda's many responsibilities at the gym, she teaches a Pre-School class every Monday at 10:00 am. This class is tailored to 4 and 5 year old children.

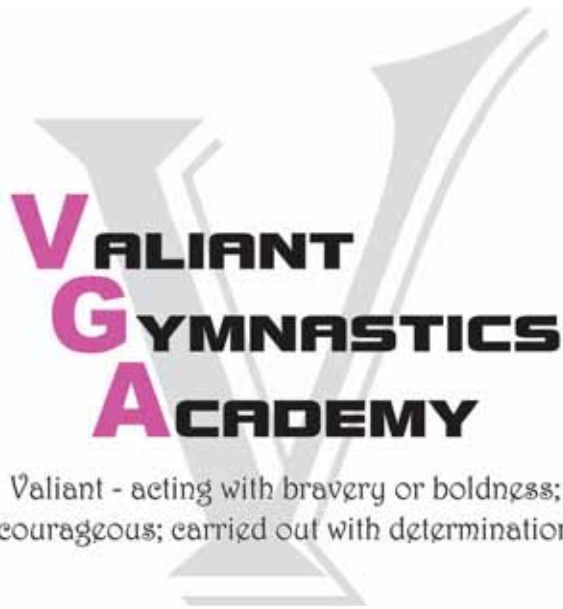
When asked about teaching classes, Mrs. Rhonda said she gains great pleasure from this Monday morning class, because the children always come to class with a smile, full of excitement and ready to learn.

These special 4 and 5 year olds are performing many skills at a level of 5 and 6 year olds. These children truly thrive on the more advanced skills, while accomplishing many personal achievements along the way.

The class begins with a pre-school lesson and a challenge skill at each station. This particular class lasts 50 minutes.

Currently Mrs. Rhonda's class includes Taylor A., Makenna M, Rachel H, and Lily P. Mrs. Rhonda, is proud to have these girls in her class and looks forward to where the future leads these bright, young, starlets.

PRE-SCHOOL PARTIES, OPEN GYM AND PERSONAL TRAINING



YOU'RE INVITED TO A PARTY!!!

WHERE: At Valiant Gymnastics

WHO: Ages 3 to 6 are invited to join in the fun from 12:30-3:30.

WHAT: Activities include Music, Games, Snacks, Crafts, and of course GYMNASTICS FUN!!!

WHEN: Every Friday in February and March

COST: \$10 pre-registered, \$12 day of
(sibling discount not available)

SIGN UP FOR A 2ND CLASS AND RECEIVE 50% OFF THE TUITION OF THE 2ND CLASS

Pre-school open gym

Looking for somewhere to take the kids to play?

Please join us for our Pre-school open gym. It is a great way to have your kids burn energy, master skills, and have fun in a warm, dry, and safe environment

GREAT FOR PLAY DATES!!!

ONLY \$5

EVERY

MONDAY 2-3:30 &

THURSDAY 10-11:30

Designed specifically with pre-school aged children in mind, our pre-school open gym gives children an opportunity to utilize all of the equipment without the set structure of a class. Open Gym is a great medium to allow children time to exercise and to use their imagination!!!

PERSONAL TRAINING

Adult Personal Training is now available at VGA!! David Durso has been training individuals for over 20 years with the following credentials:

Master Trainer registered with the National Federation of Professional Trainers (NFPT)

Certified in: Advanced Sports Nutrition, Advanced Weight Resistant Training, Advanced Endurance Training, Fitness Trainer and Spinning Instructor

Do something for yourself while your child enjoys gymnastics! Contact us at the desk for more information or to set up a training session.

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

BENEFITS OF GYMNASTICS

Most benefits are physical but there are many more that are emotional and developmental. These things are what make the time and energy worth while. Because of the determined character of gymnastics, it gives you the ability to get yourself into awesome physical shape. Gymnastics is a gradual process of conditioning your body.

Benefits of Gymnastics

Gymnastics gives so many great things from strength and fitness to flexibility and coordination as well as confidence and discipline. Here are many of the things that gymnastics will teach you:

- * **Hard work ethic**- you can only learn skills by working at them over and over
- * **Determination** – Some skills are hard to learn but by continuing to try it gets easier
- * **Fitness** – workouts are full of different activities that will keep you fit
- * **Confidence** – by learning new skills in varying events it helps you see what you can do
- * **Flexibility** – By stretching and moving all the time this becomes easier and limits injuries
- * **Coordination** – this is obtained by learning movements and combining them in a routine
- * **Strength**- moving and lifting your own body during the activities will help build this
- * **Discipline** – Rules are very important and in this routine it will keep you safe

All of these are great characteristics to have, and if you want to learn or achieve any of these gymnastics is a great place to start.

Gymnastics For The Kids

Zach Hunt is a [Spokane Gymnastics](#) expert and the owner of Physzique, a personal fitness coaching company in Spokane, WA helping people to look and feel great.

Article Source: <http://www.articlesbase.com/health-articles/health-benefits-gymnastics-1316038.html>

VGA TEAM NEWS

Congratulations to Our Level 5 Artistic Girls Team for placing 4th at CGA Coaches Spectacular

VAULT

LEVEL 5

1st-Katherinne C., 2nd-Makayla

BARS

LEVEL 5

1st-Makayla, 3rd-Katherinne C.

BALANCE BEAM

LEVEL 5

2nd-Makayla, 2nd-Devin G.

3rd-Shelby B.

LEVEL 7

3rd-Kristina

FLOOR

LEVEL 4

2nd-Shelby R.

LEVEL 5

1st-Makayla, 3rd-Katherinne C.

3rd-Tia

ALL AROUND

LEVEL 5

1st-Makayla, 3rd-Katherinne C.

SPOTLIGHT TEAM GYMNAST

KATHERINNE CAMBRE

NICKNAME:

Kit Kat

AGE:

13 Years Old

FAVORITE HOLIDAY:

Christmas

FAVORITE BOOK:

Too Many to List

FAVORITE MOVIE:

Pride and Prejudice

FAVORITE FOOD:

Spaghetti and Meat Sauce

FAVORITE SCHOOL SUBJECT:

Social Studies

FAVORITE GYMNASTICS EVENT:

Floor

Congratulations to Our Artistic Girls Team for a Great Performance in the National Judges Cup

VAULT

LEVEL 4

3rd-Shelby R.

LEVEL 5

1st-Katherinne C., 3rd-Shelby B.

BARS

LEVEL 5

1st-Shelby B. 2nd-Makayla, 3rd-Katherinne C.

BALANCE BEAM

LEVEL 4

1st-Shelby R.

LEVEL 5

2nd-Makayla, 2nd-Devin G.

3rd-Katherinne C.

FLOOR

LEVEL 4

1st- Shelby R.

LEVEL 5

2nd-Katherinne C., 3rd-Makayla

ALL AROUND

LEVEL 5

2nd-Makayla, 2nd-Shelby B. 3rd-Katherinne C.

Our Mission

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



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