

OCTOBER 2010

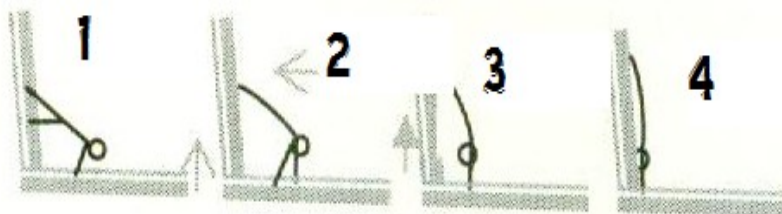
## What can I practice at home?

It's relatively easy for mom and dad to help a child kick a soccer ball, play catch, or practice swinging a bat at home. How do you help a gymnast practice? The safest and most helpful thing to work on is your flexibility and conditioning. Practice your splits at home regularly to improve your flexibility. Below is a simple skill called a MOUNTAIN CLIMBER that improves upper body strength, spatial awareness, and muscle control. When a gymnast is strong enough to hold a handstand it will be much easier to learn new skills. Remember to avoid doing this on a hard surface and always supervise your child.

### How to do a Mountain Climber...

1. Put your feet against the wall.
2. Begin walking your feet up the wall.
3. Move your hands closer to the wall.
4. Finally your feet, forehead and chest are flat to the wall.

Come down by reversing the steps. Most students need many weeks at each step. Do not move ahead until you are able to do the previous step with good form and stability.



### COMING THIS MONTH....

November 4.....Make-up Class for Monday team and class students at regular class times

November 7-11 Christmas Leotard Sale ... one week only!

November 23-25 Closed for Thanksgiving

### MRS. LISA's PRESCHOOL THEMES:

November 1-11: Dinosaurs

November 14-30 V-sit and Skill Combos



### QUICK REMINDERS

**Monthly tuition is due by the 10th.** Each class is discounted by \$5.00 when you pay on time.

**Can't remember when tuition is due?** Sign up for AUTO PAY and we will automatically charge your card the 1st of each month.

**Please see the front office if you need to schedule a make-up class.** If your child has a fever, ear/nose green discharge, vomiting or diarrhea, contagious rash or head lice please do not bring them to class.

**HUGE LEO SALE..**

**November 7-11**

### Happy Birthday to ...

Anna Ava Cody Emma Griffin Harper Isaac Jack Karley Kaitlin Krista Tia