

Pioneer Gymnastics News

March / April, 2008

(402)483-1304

REFER A FRIEND

You can help Pioneer Gymnastics Academy grow by referring a friend. If your friend signs up for classes, we will give both of you a \$5.00 credit. The more friends that you refer and sign up the more credits you can accumulate. You can pick up referral forms from the office.

GYM ATTIRE

Please be sure and put any hair that touches the shoulders up in a pony tail. Long hair in the gym poses a risk to the gymnast as it can get caught up between their hands and the floor and even wrapped up around the bars. It is also difficult for coaches to spot gymnasts with long hair as it gets in the way.

All girls over the age of 10 should be wearing a leotard in the gym. T-shirts if worn must be tucked in as they can flip up over the gymnast's head or get wrapped around the bar or the coach's hand. If the gymnast wears shorts please make sure they don't have exposed strings as they can get wrapped around the bars and cause a potential injury.

Jeans should not be worn in the gym as they have a limited amount of movement. Socks may be worn but we don't recommend them as they can be very slippery on the vinyl mats and the beams.

There should be no jewelry or hard headbands worn in the gym. Stud type earrings are acceptable but hoops and dangles are not.

BILLING POLICY

Please remember that tuition is due the first class of each month. We will be sending reminder notices out the second week of the month. Any tuition not received by the 15th of the month will be assessed a \$10.00 late fee and a notice will be sent out a second time.

Please remember that our session class runs through May. If you intend to drop your class please notify the office otherwise you will be billed.

Did you know that gymnastics is a year round sport? Children who take the summer off often times will lose many of the skills, strength and flexibility that they have worked so hard to attain.

Summer is a great time for children to continue their gymnastics experience. During the summer students can continue to develop new skills and work to move up to higher levels. We do our team selection in the early fall so taking classes during the summer will greatly enhance a child's ability to get on a team.

The summer schedule is now available on our website: www.pioneergym.com

TUMBLE and JUMP

This summer, Pioneer Gymnastics will be offering a new class called Tumble and Jump. This class is designed with the cheerleader in mind. During this class we will work proper progressions, strength and flexibility to develop tumbling and jumping skills for cheerleaders. We will have one class for children 5 - 8 year's old and another class for children 9 - 12 years old.

SPRING RECITAL

MARK YOUR CALENDARS! Our annual spring recital will be held the weekend of May 17th and 18th here at the gym. During the months of April and May our students will be learning short routines that they will be able to perform for parents and other family members at our Spring Recital which is called Chalk It Up Jr. This recital is open to all students from Parent - Tot through advanced boys and girls. We will have registration information out in early April.

BIRTHDAY PARTIES

Having a birthday soon? If so you may want to consider having it at Pioneer Gymnastics. Our parties are lots of fun and we take care of the mess! Visit us on-line for more information.

www.pioneergym.com

SUMMER GYMNASTICS SCHEDULE: www.pioneergym.com

SUMMER GYMNASTICS