

September 2016 Cobra Gymnastics & Dance Newsletter

Session I News

We are excited to begin our first session of the school year on Tuesday 9/6! This 17-week session will run through January 28th and will include time off for Thanksgiving and Christmas Holiday breaks.

Vacation Dates and Closures

A reminder to all Monday students: we will not be holding class on Labor Day or Halloween and will make up those classes on 11/21 & 12/19. Please see our website for detailed dates of all our vacations and closures. www.cobravn.com

Registration is open until classes are full!

At this time the following classes still have openings. All other classes are full, but we can place your child on a waitlist.

Mondays:

4pm *Girls Advanced Level 2 (ages 6+)* two openings
5:45pm *Jr Warrior Training (ages 5-7)* six openings
6:45pm *Ninja Warrior Training (ages 8+)* seven openings

Tuesdays:

9:30 *Parent/Child (18-36 months)* 3 openings
10:30 *Pre-school (ages 3-5)* five openings
5pm *Girls Level 1 Rec (ages 8+)* five openings

Wednesdays:

9:30am *Pre-school (ages 3-5)* four openings
10:30am *Parent/Child (18-36 months)* three openings
1:00pm *Pre-school (ages 3-5)* nine openings
6:00pm *Pre-school (ages 4-5)* four openings
7:00pm *Girls Rec Level 1 & 2 (ages 9+)* three openings
7:00pm *Backhandsprings & Beyond (ages 10+)* four openings

Thursdays:

3:00pm *Pre-school (ages 3-5)* three openings
4:00pm *Pre-school (ages 3-5)* four openings
4:45pm *Parent/Child (ages 18-36 months)* six openings

Fridays:

10:30am *Pre-school (ages 3-5)* two openings
1:00pm *Super Snakes (ages 4-5)* two openings
4pm *Advanced Levels 2 & 3 (ages 7+)* one opening
4:45pm *Girls and Boys Rec (ages 7-12)* two openings

Saturdays:

9:15am *Pre-school (ages 3-5)* three openings
10:05am *Parent/Child (18-36 months)* five openings

Parent Meetings

During our first week of classes, we will do our best to give each set of class parents a few minutes of our time once the gymnasts have entered the gym. We would love to introduce ourselves to you and answer any questions you may have about our programs.

Please be sure your child arrives at least 5-10 minutes ahead of class time to ensure they can use the bathroom, wash their hands, change into their gym clothes, put their hair up and remove any jewelry. Please feel free to use the bathroom in the gym or lobby as you help prepare your child for class. While we ask that all children use the downstairs locker room, there are two extra changing places in the team locker room upstairs for your use (if available). If you have paid in full and have signed all the current paperwork, there is no need to visit the front desk; we will take attendance during class time.

Water and Food at Cobra

We do have a water fountain in the gym, but we encourage water bottles to avoid long lines at the water fountain. Students can fill their bottles once they enter the gym for class time.

We are excited to offer a natural vending machine in our lobby this year! Berkshire Naturals is a healthy vending option from Massachusetts who provides Cobra with organic and local food choices free of GMO, hydrogenation, food dyes or high fructose corn syrups. The machine accepts cash or credit/debit cards.

Tuition Reminders

The first half of Session I tuition needs to be paid in full by the first week of class. Remember if you pay in full for the session by week one, you receive a free Cobra bag! If you have paid through our parent portal, please visit the desk for your free bag! The second half of tuition is expected by week five, October 3rd-8th. As Monday classes were delayed by Labor Day holiday, we will extend "week 5" until October 10th for Monday classes only. After that time, a \$15 late fee will be added to your account. Please read our payment policies for more details; located on our website, parent portal or at the gym! To avoid lines at the front desk, please use our parent portal to make online ACH payments!

National Gymnastics Day- Saturday September 17th

We will be hosting a fun day of gymnastics including the bounce house and obstacle course races during National Gymnastics Day on 9/17. We will be opening Cobra to the public from 3:30-5pm, this is a great opportunity to bring your friends who haven't yet had the chance to check out our gym. Our team girls will be hosting this event in combination with their annual cartwheel-a-thon fundraising event.

Olympic Leotards and New GK Leotards in stock!

Visit our pro-shop to purchase the latest and greatest GK styles of USA leotards. Our latest shipment included Gabby Douglas, Aly Raisman and Simone Biles signature leotards! Get them while they last! We also have dozens of new ladies Cobra t-shirts and tank tops, kids T-shirts and sweatshirts, PJ pants, water bottles and more!

Halloween Parade- Cobra Cartwheel Clan

We will be marching in the parade again this year as our famous cartwheeling skellies! If your son or daughter is 8 years+ and can do an excellent cartwheel (safe for the road) we invite them to join us! We will hold one practice on October 15th from 12noon-1pm. The parade date is October 29th. Please email or leave your name at the desk if you are interested in receiving more information.

Team News

We are excited to announce that we have 58 girls on our competitive team this season! Our athletes range in ages from 5-15 years and compete under USA Gymnastics Junior Olympic Program levels 3-7 and the Xcel Program, Levels Bronze, Silver and Gold. We are looking forward to a spectacular year of growth and success!

Coaches & Staff

We are so happy to have an entire staff of returning coaches this season! Coaches Aaron, Ali, Gail, Marissa, Lori, Rommy (after she has her baby!), Christine, Kayla, Julia and Dan (birthday parties) will be joining me for a wonderful year of coaching excellence! We are also excited to have Audri and Annie at our front desk! Please be patient with them as many of the questions you ask need to be fielded by a coach; please email cobra directly if you want to set up a phone meeting with any of our coaching staff. cobravn@me.com

Studio News

We are happy to welcome back Stephanie, Rachel and Paula as our amazing Yoga staff, Darby and Linda as our fabulous Nia staff, Bill as our rock-star cardio-kickboxing teacher and Bela and myself as your spectacular Tribal Bellydance teachers. I will include the attachment for the studio staff schedule in this email, please note our first price increases in six year. With our new computer system, we will now be able to accept advance payment for classes as punch cards will only be able to be used for a similarly priced classes.

We are in the process of installing aerial yoga hammocks for a new and exciting class taught by Jessie Lucas. We hope to have this class beginning in October. Classes will be on Monday evenings and some Saturdays.

We are all looking forward to a fabulous year ahead. Please never hesitate to email or call with questions. Email is the best way to connect with coaches as our gym schedules often have us coaching back to back.

Cheers to the year ahead!

Coach Shelby

