

November Cobra Gymnastics and Dance 2016 Newsletter

Holiday Closure/Make Up

We will be closed November 22nd - 27th for Thanksgiving break. Please remember that there are classes on Monday, November 21st as this is a make-up for Labor Day, September 5th.

Cobra will be closed for the holidays, December 18th - January 8th. We will have desk staff the week of January 2nd to process Spring registrations and enrollments! Desk hours will be available on Facebook and our website for that time period.

Pro-shop

We have *new items* for sale in our lobby! We have infant rompers, toddler t-shirts and sweatshirts. We have new leos, gymnast sweatshirts and pajama pants. We are currently having a Leo sale with 10% off all leotards and 50% off all Red Dot leotards through November 30th.

Session Two Registration - Mark your calendar!

Session Two begins the week of January 30th. Priority registration for the next session will be December 12th - January 14th, Open registration begins on January 16th!

Studio News

Over the Thanksgiving break we will remain open for the following studio classes:

Tuesday, November 22nd - Yoga with Rachel 5:30pm

Sunday, November 27th - Yoga with Paula 9:45am & NIA with Darby 12:00pm

A reminder that Pyramid's very own Bill Kelley is teaching Cardio Kick Boxing on Tuesdays from 4:10-5:00pm!

NEW YOGA CLASS! Jesse Lucas will be teaching Yoga on Mondays from 4:30-5:45pm starting Nov. 21st.

Pre-school Open Gym

2nd Tuesday of the Month, Nov. 8 & Dec. 13 11:15 a.m. - 12:30

This 75-minute gym time is designed to let your little ones explore our gym. 18 months – 6 years old are welcome to enjoy free play under the supervision and guidance of our coaches. 18-36 month must be accompanied by an adult.

Registered Cobra Members: \$8 Cobra Members: \$10 Drop-In: \$12

Parents Night Out

2nd Friday of the Month, Nov. 11th & Dec. 9th 6:00 - 9:00 p.m.

Drop off the kids for three hours of fun every second Friday of the month from 6-9pm. Dinner, games and gymnastics for all! No need to pre-register - just drop in!

\$18-member price, \$20 non-members, \$45 family rate for 3+ kids. Ages 5+

Kids Yoga

We are currently considering adding a kids yoga program to our studio schedule. Our teacher hopeful, Cristy Murphy of *Kids Together Yoga*, would love feedback regarding times/days... please share with us via email or at the front desk! Thank you!

Dancing Darkly presents Return of the Geeks 2016

Join us Saturday November 12th for the 7th annual belly dance fusion event. Featuring Coach Shelby, Coach Lori and Cobra's very own, Sisterhood of the Silk Road, the show begins at 7:00pm at the West Rutland Town Hall Theatre. Tickets are \$10.00 at the door. Doors open at 6:30pm.

Competitive Team

With anticipation and joy, our girls competitive team will begin their season this month with the Harvest Meet at Northern Lights Gymnastics on November 20th/21st. Competing in VT, NY, MA & NH, they love fans and support! If you have a future Cobra Team athlete, check out our schedule online and come watch some meets!

Thanks everyone!

Coach Shelby