



Welcome to February 2021! As the temperatures drop and the snow continues to fly, I am always thankful that gymnastics is an indoor sport! At this particular moment in time, I am also thankful that we remain open and continue to thrive in not just physical health, but emotional as well.

Thank you to everyone for your **rapid entries and exits** of the lobby during this time. Winter months make it hard to dress and undress your children quickly and we thank you!

Session Two is well underway, the recreation and preschool students have almost mastered the first set of **lesson plans**; we look forward to new lessons the week of February 8th. This is a unique year and we have been extending our lessons as there are more absences than normal.

Our **team athletes** are preparing for an **in-house presentation** of their routines February 9th-11th. While we can not compete (or allow spectators) at this time, this informal event is inspiring them to tune their talents and perform to their highest potential. We are grateful that Coach Gail is a nationally certified judge, so we will utilize her expertise for the scoring!



Thank you for your diligence with **social distancing and mask wearing**. Please double check with your children as it is imperative that their mask fits properly. Be sure they wear a child-sized mask and that it stays up over their nose at all times. "Test run" at home and have them roll, jump or cartwheel to ensure it's a proper fit. We have extras at the gym for emergencies.



If your child is **new to Cobra** this session, please consider making a set of numbers at home (1-8) and challenging them to find/follow them throughout the house. Many phones also contain circuit timing apps, so if you are up for it, set up a six or eight "station" course and have them stay on the stations for about 30 seconds. This will help coaches and kids to navigate our circuits during this time of social distancing.

We will be **closed during the week of February 15th**. Enjoy the break and the snow! If you do travel during that week, please follow all VT quarantine rules for traveling outside of the state.

At this time, we will not be offering **make-up classes** until after the February break. Until Covid numbers in the area decrease, I would like to keep the class groups consistent and refrain from mixing children/families. Please remember, we need advanced notice of the absence for your child to be considered for a make-up. Under normal circumstances only one make-up is allowed per session and we thank you for understanding the delicacy of the situation as it stands. We will have seven weeks after the February break to consider navigating make-up classes.

On a personal share, I have launched my **new podcast**, Two Spiritual Mamas on Apple Podcast! Created with my college friend, Alicia Love, we chat about topics such as communicating positively, boundary setting, daily practices for centering, habit changing and "Saying Yes to You!". It's basically the adult version of what I've been teaching the kids for decades! Being isolated and parents during this pandemic is challenging and we thought it would be fun to put out some "kitchen table" chats for all to listen. Enjoy!!



We still have a few openings in our Tuesday or Thursday 18 month-2 year old classes, please share with friends if they are in need of an energy output for their little ones!! Our portal is always available to see what classes are still open as well as to review our policies. <https://app.iclasspro.com/parentportal/cobragymnastics>

Thank you for your trust and support during this time!!

