

# Bama Bounders

  
Newsletter

October 2011



## Happy Halloween!



### **BAMA BOUNDERS CLOSED FOR HALLOWEEN** (except 10 a.m. preschool!) **Monday, October 31<sup>st</sup>**

Bama Bounders will be closed on Monday, October 31<sup>st</sup> for the Halloween holiday. Make up day will be Friday, November 4<sup>th</sup> at your usual time.

Morning preschool classes (10:00 a.m.) will go on as scheduled that morning. The gym will only be closed for the afternoon and evening classes. Have fun Trick or Treating!!

### **PARENTS NIGHT OUT** **Friday, October 14<sup>th</sup>** **"Halloween Night"**

**Wear your Halloween costume, but bring a change of clothes too!**

Please join us for our October Parents Night Out on Friday, October 14<sup>th</sup>. This month's theme is "Halloween" and we ask that everyone wear their Halloween costume!! We will have a Halloween costume contest with prizes for the winners, Halloween games, gymnastics, trampoline, movies, pizza and so much more! Be sure to bring a change of clothes so you don't have to wear your costume all night long!

The cost of Parent's Night Out is \$20. The evening is 6:00 - 10:00 p.m. All students and their friends are invited to attend. All participants must be potty trained!

Here is the schedule and themes of our fall Parent's Night Outs:

October 14<sup>th</sup> - Halloween

November 11<sup>th</sup> - Safari

December 9<sup>th</sup> - Holidays

Be sure to sign up at the front desk to reserve your spot today!

### **HALLOWEEN WEEK** **October 24<sup>th</sup> - 27<sup>th</sup>**

All children are invited to wear their Halloween costumes during the week of October 24-27<sup>th</sup>. We will be having a costume parade during each class with prizes for the winners. We will also have special Halloween games and contests during class. Be sure to wear your leotard under your costume so you'll still be able to do some gymnastics! We look forward to a fun week with all the children!!

### **HALLOWEEN COLORING CONTEST**

All students are invited to participate in our Halloween coloring contest. There is a

coloring page for the preschool classes and one for the rec classes. Please color your page and return it to the front desk. All entries will be hung on the wall in the bleacher area. We will judge the entries by ages and winners will be announced and prizes will be awarded the week of October 24<sup>th</sup>.

**Happy Coloring!!!**

### **TRICK OR TREAT COUPONS**

All Bama Bounders students will receive an envelope with trick or treat coupons in it. Each trick or treat coupon is good for one free gymnastics class (for new students only). We would appreciate it if you would hand these coupons out with your trick or treat candy on Halloween night.

Please put your name on the back each coupon before handing them out. If someone comes to try a class using your coupon and then signs up to take a class, you will receive \$10 off your next month's tuition!

Thanks for your help and Happy Halloween!!!



## OCTOBER MAKE UP DATE

Friday, October 28<sup>th</sup>

The last Friday of each month will be the designated make up day for all classes. Anyone who has missed a class during the month can come to gym on that Friday from 5:30-6:30 for a structured class. We will no longer be able to schedule make ups during regular class times. This month's make up date is Friday, September 30<sup>th</sup>. Please call or stop by the front desk to sign up for the make up date.

## HAPPY BIRTHDAY OCTOBER BIRTHDAYS!

Bama Bounders would like to wish a Happy Birthday to the following students with October birthdays: Miller Arendale, Anna Brown, Meredith Colburn, Garrison Coppock, Shelby Cunningham, Kalynn Davis, Brett Dickinson, Erin Dickinson, Alexis Dobbins, Vanessa Dolzyk, Alyssa Faircloth, Sadie Frederick, M'Kay Gidley, Lorelei Hoggle, Caleb Hudgins, Vivian Lang, Kamdyn Lewis, Susannah Moseley, DeAsia Neveaux, Madeleine Owens, Mariah Patton, Jady Rainey, Anna Robbins, Kate Robbins, Elizabeth Rosenstiel, Thomas (Ford) Rotenberry, Kara Smith, Titus Smith, Stella Watkins, Mariah Wells and Sydney White.

## GYMNASTICS MATS FOR CHRISTMAS!

**Start your shopping early!**  
(see attached flyer)

We will once again be selling gymnastics mats, bars and beams for Christmas this year. Place your order at the front desk and we will keep it a surprise for you! Check out the

flyer attached to this newsletter for more information. Deadline to order is Thursday, November 17<sup>th</sup>.

## ALABAMA HOMECOMING PARADE

Saturday, October 8<sup>th</sup>  
12 noon

The Bama Bounders gymnastics team will be marching in the University of Alabama Homecoming Parade on Saturday, October 8<sup>th</sup>. The parade begins at 12 noon. If you are on campus that day for Homecoming be sure to watch the parade and cheer for the Bama Bounders as they march by! We hope to see you out there!!!!

## REC & PRESCHOOL SKILLS OF THE MONTH

Each month we will be revealing some of the skills of the month for our students. October is Fall and Halloween Month. Fall is here and Halloween is just around the corner!

The position of the month is the pike. All gymnasts will be incorporating the pike on each event.

Handstands and rolls will also be the skill of the month. Each student will be learning handstands at different stages depending on their ability level. Some will be just starting handstands while those more advanced will be working handstands and handstand progressions. We pride ourselves on working with each child at their ability level.

Have your child show you a pike jump! Ask them about what drills they are doing to learn theirs. Please feel free to ask questions if you have any!

## PRESCHOOL PLAYTIME

Every Friday morning

10:00 - 11:00 a.m.

You are invited to join us for Preschool Playtime every Friday from 10:00 - 11:00 a.m. This is a special gym time for our littlest gymnasts (ages 18 months - 4 years) and their parents or guardians. Bama Bounders instructors are on hand to teach new skills, give advice and for a fun end of the hour activity. The cost is \$5 per child per visit. Bring a friend too! Children do not have to be Bama Bounders students!

For the safety of everyone involved we ask that you please adhere to the following rules:

1. An adult must accompany the child at all times.
2. This is not a structured class.
3. Only children ages 18 months to 4 years will be allowed in the gym area. Older siblings will not be allowed to come out on the floor and must remain in the bleacher area. There are no exceptions as this is a special time for our littlest gymnasts!
4. No food, drink or cell phones allowed on the gym floor.

**See you at Playtime!!**

## BIRTHDAY PARTIES

Looking for a fun place to have a birthday party? Why not come to a Bama Bounders birthday party?!?! Parties are scheduled on Saturdays only at



11 a.m., 1:45 p.m. or 4 p.m. The party starts with one hour of gymnastics with Bama Bounders instructors followed by 30 minutes of party time for you for cake and presents. The birthday child receives a t-shirt and all children receive a

goodie bag. Parties start at \$115. For the safety of everyone, we have a maximum of 25 children per party. Be sure to check out all the different options to find the one that fits you best! A \$50 non-refundable deposit is due at the time the party is booked.

Dates are filling up quickly, so be sure to book your Bama Bounders birthday party today!

### FIELD TRIPS

We now offer field trips at Bama Bounders! Bring your daycare, preschool, church group, girl or boy scout troop, play group or any other group that might be interested in a field trip.

The field trip is one hour of gymnastics and games for only \$5 per student. Field trips can be held in the mornings or early afternoons, as well as Saturdays. Check with the office for more information or to book your group's field trip today!

### REFER A FRIEND!

Anyone who refers a friend to Bama Bounders and the friend signs up for a class will receive \$10 off your next month's tuition! Please check at the front desk for the availability of class days and times!

### FREE WI-FI AT BAMA BOUNDERS!

Do you need to get some work down while your child is in class or want to catch up on the latest news or sports? Now you can take advantage of free Wi-Fi from Bama Bounders! Bring your laptop or

web enabled phone to the gym and surf away! SSID: BounderPublic and password: 2057222436.

Enjoy!!!!

# HALLOWEEN Word Search

## Halloween Fun

Z C X E C S R R F F V V I S J  
 D W Q L B A R Z U S M D I S J  
 T U E Z A F N E R I N Z M E Q  
 V A M P I R E D T R Q T J C R  
 Y T R A P W Q H Y S A M R N M  
 Y F R H H B X N J C N V Y I T  
 Q F J C G W A K K S L O X R H  
 S E M U T S O C S T E U M P J  
 Q L S N K G A C O J T U Z T X  
 P V N R I L Y A E K H V T U A  
 A E V G B T T R X Y B E S T G  
 W S P J R R Y U I T E A C M I  
 S X U E N I E S Z A H C O U Y  
 V O A S V C Q U G T F N I Z P  
 C T R K K K N B H N D S D Z Z



**Candy**  
**Trick**  
**Treat**  
**Costumes**  
**Party**  
**Monsters**  
**Vampire**  
**Princess**  
**Fairy**

Bama Bounders

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