

# Bama Bounders

Fall  
Newsletter

September 2011



## Happy Fall!!



### CONGRATULATIONS MADELYN MCCRACKEN WINNER OF ONE MONTH OF GYMNASTICS!

We would like to congratulate Madelyn McCracken who won a free month of gymnastics at our Fall Open House! We had several winners during the open house as well who won t-shirts, sweatshirts and other goodies!

Thanks so much to everyone who came to our Fall Open House! We hope you had just as much fun as we did!!!

### PARENTS NIGHT OUT Friday, September 9<sup>th</sup> "Team Spirit Night"

**Wear your favorite team apparel!!**

Please join us for our September Parents Night Out on Friday, September 9<sup>th</sup>. This month's theme is "Team Spirit" and we ask that everyone wear their favorite team apparel! We will do gymnastics, have pep rally, play games, eat pizza, watch movies and so much more!

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

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!

### Hope to see you then!

### REC & PRESCHOOL SKILLS OF THE MONTH

Each month we will be revealing the skills of the month for our students. September is Team Spirit Month. Football season is here and we can all show support for our favorite teams!

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

Cartwheels will also be the skill of the month. Each student will be learning cartwheels at different stages depending on their ability level. Some will be just starting cartwheels while those more advanced will be working different types of cartwheels. We pride ourselves on working with each child at their ability level.

Have your child show you a straddle jump! Ask them about cartwheels and what drills they are doing to learn theirs.

Please feel free to ask questions if you have any!

### MAKE UP DAY FOR LABOR DAY

#### Friday, September 16<sup>th</sup>

Bama Bounders will be closed for the Labor Day holiday on Monday, September 5<sup>th</sup>. All students who attend classes on Mondays will make up that class at their regular class time on Friday, September 16<sup>th</sup>.

### SEPTEMBER MAKE UP DATE

#### Friday, September 30<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.



## **PRESCHOOL PLAYTIME**

**Every Friday beginning**

**10:00 - 11:00 a.m.**

Preschool Playtime is back for the fall 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 guardian. Bama Bounders instructors are on hand to teach new skills, give advice and for a fun end of the hour game. 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!!**

## **HAPPY BIRTHDAY**

### **SEPTEMBER BIRTHDAYS!**

Bama Bounders would like to wish a Happy Birthday to the following students with September birthdays: Abbie Abawi, Will Alston, Julianna Arendale, Lulu Benstead, Lauren Bishop, Caroline Campbell, Kaitlyn Clark, Addison Colvin, Meredith Daniel, Raneisha Davis, Ella

Dunn, Samuel Early, Amber Edmonds, Ian Glasgow, Alyssa Harris, Maja Huebner, Brody Kitchens, Ezarrea Little, Macee McKnight, Mindy Mitchell, Destiny Norris, Isaiah Phillips, Graceson Pugh, Aliegha Robertson, Kaylie Robinson, Emma Shaw, Ian Shen, Lola Shields, Morgan Smith, Kate Thom, Mackenzie Thornhill, Mandi Trawick, Aaliyah Vester, Lexi Grace Watkins and Bella White,

## **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!!!!**

## **IMPORTANT DATES IN SEPTEMBER**

### **Mark Your Calendars!**

- 2 - August Make Up Date - 5:30 - 6:30 p.m.
- 5 - Gym Closed for Labor Day
- 9 - Parents Night Out 6-10 p.m.
- 16 - Make Up Date for Labor Day
- Classes meet at regular times
- 30 - September Make Up Date 5:30 - 6:30 p.m.

## **Bama Bounders**

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