

## Cobra Gymnastics & Dance - September 2017 Newsletter

### Session I News

Our first week of classes was amazing! This 17-week session will run through January 27th and will include time off for Halloween (Tuesday, October 31st) , Thanksgiving (Monday, November 21- Saturday, November 25) and Christmas Holiday (Thursday, December 21- Wednesday, January 3, 2018) breaks. First half tuition payments were due the week of September 11th. The second half of tuition is due the week of October 9th. A late fee of \$15 will be added to your account if not paid in full by week six.

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!

### 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:

5:45pm Jr Warrior Training (ages 5-7)

6:45pm Ninja Warrior Training (ages 8+)

#### Tuesdays:

9:30 Parent/Child (18-36 months)

10:30 Pre-school (ages 3-5)

#### Wednesdays:

10:30am Parent/Child (18-36 months)

1:00pm Pre-school (ages 3-5)

6:00pm Pre-school (ages 4-5)

7:00pm Backhandsprings & Beyond (ages 10+)

#### Thursdays:

1:00pm Pre-school Combination Ballet/ Tap (ages 3-5)

4:00pm Parent/Child (ages 18-36 months)

#### Fridays:

1:00pm Super Snakes (ages 4-5)

#### Saturdays:

10:05am Pre-school (ages 3-5)

### Parent Info

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. Please do not bring any crumbly snacks to our lobby!

### 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 21st from 12noon-1pm. The parade date is October 28th. Please email or leave your name at the desk if you are interested in receiving more information.

### **Team News**

We do have openings on our beginner teams, ages 6-13, please inquire at the desk if your daughter has an interest in joining our amazing team. 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, Ali, Gail, Lori, Rommy, Christine, Kayla, Topsy, Julia, Dan and Keegan will be joining me for another wonderful year of coaching excellence! We are excited to welcome Kathy St. Pierre, Bob Abbott and Bonnie Watson to our coaching staff. Bonnie is a gymnastics coach, yoga instructor & contemporary dance choreographer from Wisconsin who has moved to Poultney to pursue her masters degree. Kathy has been a gym owner for 38 years and after selling her VT gym, chose to join our coaching staff! Bob will be a guest coach throughout the season, mainly working with team on bars and tumbling. Back at the desk is Audri, Annie and Chandra! Please be patient with them as many of the questions you ask need to be fielded by a coach; email cobra directly if you want to set up a phone meeting with any of our coaching staff. [cobravn@me.com](mailto:cobravn@me.com)

### **Studio News**

We are all looking forward to a fabulous year ahead with workshops and new classes. We have two new Facebook pages for ease of communication this year! Our first is Studio Serpentine at Cobra and our second celebrates our tribal bellydance troupe and can be found at Sisterhood of the Silk Road. Please like the pages so you can stay in touch with our specialty workshops, performances and studio schedule changes!

Cheers to the year ahead! Coach Shelby and all of the Cobra staff