

January 2018 Cobra Gymnastics and Dance Newsletter

Registration

We only have a few more days open for Priority Registration. If you are currently registered in our program, your child's place in class is guaranteed ONLY UNTIL January 7th. Afterward, our waiting lists registration opens to the public/waiting lists. It's simple to re-register, please call, email or check in with the desk to continue your registration into Session Two. If you are a new student or know of a new student who wants to become a part of Cobra, please have them join our waiting list for their most desired class time! Beginning January 8th, registration is open to all!

Show Week - January 22nd-27th

As you may have noticed, our coaches have begun their skill testing. We have designated skills for each level of gymnastics at Cobra and have further divided those skills into three categories, Balance & Agility, Strength & Coordination, and Big Skills. We feel it's important for your gymnasts to feel the progress of their learning, so we award these three certificates before they obtain their Level Medal. During our award ceremony in January, students who have achieved the respected skills in the respected categories will be awarded the certificate(s). Please remember it may take two or more sessions before a student advances to a higher level of class or certificate. Our show includes a demonstration of skills and an awards ceremony. Parents are invited into the gym 20 minutes before the end of each class- bring cameras!

Upcoming Workshops in our Studio!

- **January 6th** - *Noyes Nature Rhythm Workshop with Emily Mott* - A movement class of meditative and inspiring flow. This 100 year old system, developed by Florence Fleming Noyes, strengthens and releases the body and spirit. Learn strengthening techniques like Forest Breathing and the Panther, and be led on a creative movement unfoldment based on earth's nature and accompanied by beautiful music. Skills provided.
- **January 14th** - Monthly Yoga Dance with Stephanie Jones - Come experience this sweet practice of guided movement exploration and yoga asanas as we dance through the chakras. No prior experience necessary.
- **January 20th** - Crafting a Personal Practice Yoga Workshop with Stephanie Jones - Have you ever wanted a home yoga practice, but been overwhelmed or concerned on how to put together a sequence? Come to this interactive workshop to create one just for you. This workshop is appropriate for advanced beginner and intermediate yoga practitioners.
- **January 21st** - Monthly Latin Dance Class with Sam Ho - Merengue. A fun and easy introduction to Latin Dance!
- **January 28th** - Monthly Yoga Class with Paula Liguori - This is a gentle to moderate class that includes centering, postures, breath work, meditation & relaxation.

To find out more about these workshops and all our studio classes, please visit the Studio Serpentine at Cobra page on Facebook or view our "calendar" section of the website!

Coach Lindsey Returns to Cobra for Session 2!

We are excited to welcome back Lindsey Cox to our coaching staff! Lindsey was one of our original coaches from 2010-2015. She has been in New York working for the Little Gym and Twist n Flip Gymnastics, but is ready to return to Rutland and Cobra! She will be in the gym most evenings beginning Session 2!

Cobra Meet - January 21st - The Year of the Dog

We will be hosting our annual Cobra meet on January 21st at 10:30am. Please come and see our team gymnasts compete in their home gym. They are excited to show their talents off to their local supporters!

Team Update - 1st Place Finishers

Our teams recently competed at a Sectional Meet in Barre, Vt and at the World Class Invitational in Loudonville, NY. Here are our first place finishers! Congratulating girls!

- Sectional 1 - Caitlyn Giffin 9.4 bars & 37.150 All Around and Jayla Eugair with a 37.150 All Around
- World Class Inv. - Harper Wilson 9.7 Vault, Jada Hughes 9.45 Bars, Sarah Martin 9.2 Beam, Karena Kuehl 9.1 Vault and Lili Zens 9.6 on vault.

Parent's Night Out and *A NEW TIME* FOR Pre-school Open Gym

- Don't forget! Friday, January 12th is Parent's Night Out. Ages 5 and up. 6:00-9:00 PM. \$18 members/\$20 non-members/\$45 for families of 3 or more. Pizza Included!
- Pre-school Open gym is every Friday from **9:45-11:00am**. Ages 18months-6 years (up to 8 years old for homeschool). 18-36 months need to be accompanied by an adult. \$10 member/\$12 non-member/\$8 registered student

Weather Cancellations

Morning classes will be cancelled by 8:00am, evening classes will be cancelled by 2:00pm. Please check our Facebook or our phone message for cancellation updates.

Thank you! ~Coach Shelby and Staff