

Cobra Gymnastics and Dance - April 2018 Newsletter

Happy Spring everyone! The gym is filled with joy as the days are longer and the tricks are getting more exciting!

April Break Closure

We are closed for April Break, the 15th-22nd, we are offering a make up for snow days and illnesses on Wednesday, April 18th. We will be sufficiently staffed for all class types (excluding team) and offering multiple classes throughout the day. Please use our sign up genius to register or simply call or email!

<http://www.signupgenius.com/go/20f0a4aaeae29a4fc1-april>

Spring Sale Continues!

Check out our great deals in the pro-shop:

Toddler Sweatshirts - \$22 Youth Sweatshirts - \$25 Adult Sweatshirts - \$28 Jammie Pants - \$12

Adult Sweatpants - \$30 Youth T-shirts - \$12 Adult T-shirts - \$16 Super-fun gymnastics ornaments! - \$13

** New Spring Leotards have also just arrived for gymnast and their dolls! **



Cobra Show- May 6th at 10:30am

We will be celebrating all of our Cobra programs at the 8th annual Cobra Show on Sunday, May 6th! Students ages 4+ are welcome to participate. The show will highlight our team girls, advanced students, recreation level gymnastics, ninja programs dancers and our pre-school kids! Students are asked to arrive by 10am, the doors will open by 10:15am. Please sign up at the desk or send us an email to let us know your gymnast will be attending! If you can't join us at the Cobra Show, please remember that Show Week for the session is June 4th and is also a great opportunity to be able to see all the skills that your child has accomplished through their classes.

Birthday Parties - New Packages and Themes!

With activities such as games, obstacle courses, races, trampoline fun and inflatables, a party at Cobra with our fabulous coaches will be sure to keep the fun rolling. Stop by the desk for a brochure or visit our website for full details about our new birthday options. With available themes like Princess, Unicorn, Superhero and Ninja, we are offering the following two packages:

- The Silver Package - This party is designed for the do-it-yourself kind of parent! You will bring all of your own supplies and our party hosts will help set it up.
- The Gold Package - Let us do the hard work! We provide themed: plates, cups, napkins, utensils, tablecloths, decorations and party favors! You provide food products!

Summer Camps and Classes

We look forward to our full and half day summer camps this year! Coach Lindsey is super excited to be presenting specialty weeks including Ninja Challenge, Cobra's Got Talent, Under the Big Top, Mad Scientist and many others! Registration is open and filling up!

- Early bird, multi-week and sibling discounts are available.
- Half & full day camps available with early drop off/late pick up options. **Our full day camps run until 5:00pm!**
- Free breakfast and lunch provided to all campers during the weeks of 6/25-8/3. Friday pizza party during the weeks of 8/6, 8/13 and 8/20 available.
- Free camp T-shirts to all campers!

We will also be providing recreation, pre-school, team and advanced classes in the evenings as well. Our summer session will run from 6/25-8/17; the class schedule will be published soon!

Myo-Fascial Release Clinic for Adults

Lindsay Arbuckle is hosting a **Myofascial Release Self-Treatment Workshop THIS SATURDAY April 7th, 12:30-2 pm.**

Please visit our FB page, Studio Serpentine for details! The workshop is \$18 for Cobra members/\$20 non-members, and the price includes a therapy ball to take home. Call 772-7011 or email cobravn@me.com to register!

Open Spots in our Classes

As the snow is melting and mud season is starting, we still have room for your children to get into the gym for a few of our classes for Session 2! We are currently in week 9 and will take registrations through week 11. We will prorate these classes. Please remember that if you are new to Cobra or if it's a class that your child has never tried before, you can do a FREE TRIAL!

Team Placement

If your daughter is interested in joining our competitive team in the next year or two, please contact Shelby at cobravn@me.com. It's important for us to know if your daughter is striving for this level of gymnastics. We can place them in the proper classes to get them ready for the Fall or the coming years!

Congratulations to our State Meet Champions!

Cobra proved successful at the Vermont State Championship meet, winning 33 state titles between 18 different athletes! The girls had an amazing season and we are so proud of their dedication and hard work! Please see their photos displayed in the lobby or on Facebook!

Thank you!! Coach Shelby and all the Cobra staff!!