

Cobra Gymnastics and Dance - May 2018 Newsletter

Happy Spring everyone!

Session II ends on June 9th. Summer Classes and Camps begin on June 25th.

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 is a fun filled, action packed event, highlighting our team girls, advanced students, recreation level gymnastics, ninja kids, dancers and our pre-school gymnasts! 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! All participating students will receive a free Cobra gift! **If you can't join us at the Cobra Show, please remember that Show Week for the session is June 4th-9th and is also a great opportunity to be able to see the skills that your child has accomplished throughout their classes.**

Cobra Yard Sale! Sunday June 3rd - Collecting Items Now!

We are now collecting donations for this event at Cobra! After eight years of success in the business, I have decided to expand our facility; this community wide event will be the kick off towards our fundraising events! Please bring items you wish to donate to Cobra. We are accepting clean items of all types. Please email cobravn@me.com if you have questions about donating items, volunteering time or fundraising!

POP UP Preschool CAMP! We are excited to offer a preschool camp the week of June 18th. Stay tuned for details!

Summer Camps and Classes- Beginning June 25th....

We look forward to our full and half day summer camps this year! Coach Lindsey & Coach Bonnie & Coach Jeremiah (!) are 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 9:00-5:00pm!**
- Free breakfast & 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.
- 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 by May 4th!

Myo-Fascial Release Clinic for Adults

Lindsay Arbuckle is hosting a **Myofascial Release Self-Treatment Workshop THIS SATURDAY May 5th, 10:30-12:00 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!

Modern Dance Workshop with Zoe Wildflower Marr Hilliard, Saturday May 5th from 1:00-3:00pm

Moving from the Heart...Dancing feels good, but it feels even better when it comes from somewhere deep inside. In this modern dance workshop participants will explore their passion for movement through taught phrases as well as improvisation and composition exercises, with an emphasis on expression and intention. Please call Cobra or email us to register! Zoe is amazing and fun, don't miss out!!

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!

Team Placement and Team News

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 you 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 Ella Tashjian and Lii Zens for qualifying for the Level 8 and 7 Regional Championships. They were held this past weekend and the girls represented Vermont in true style and grace! Best of luck to Abby McChesney as she competes in May at the Xcel Regional Championship meet! Go Cobra!!

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