

Cobra Gymnastics and Dance - July 2018 Newsletter

Summer Openings - Camps and Classes

It's not too late to join a class or a camp this summer. We still have openings in most of our camps. Here are two of our upcoming camps that we are very excited about, we also have a few spaces in other weeks as well. Call or email us now to register! Drop In space is also available!

Cobras Got Talent (July 16-20):

We sing! We dance! We flip! We've got magic to do! We will explore performing and visual arts in Cobra's very own version of "America's Got Talent"!! Any and all talents are welcome and encouraged! Not only do our camp staffers have talent to teach but so do our campers! We can't wait to learn from each other in Cobra's Got Talent!!

Mad Scientist (August 6-10):

How do you drop an egg from 10 feet high without it breaking? How does slime become slime? How can you get from one side of the gym to the other, without using your feet? Can a side bottle explode? Science, problem solving, and high energy busting obstacles in the gym will keep us on the move! Mad scientist week will challenge the most inquisitive minds.

Studio Serpentine Schedule for July

Sundays - Nia with Darby from 12:00-1:15pm

Tuesdays - Yoga with Brian from 12:00-1:00pm *NEW CLASS*

Wednesdays - Lunch Yoga with Paula from 12:05-12:55pm, Yoga for Cancer from 4:30-5:30pm and Tribal Belly Dance with Shelby from 6:45-8:00pm, Advanced Tribal from 8:00-8:45pm

**POP-UP Yoga w/Paula: July 22nd from 9:30-10:45am and POP-UP NIA: July 17th from 4:30-5:45pm.

Summer Class Payments are now past-due!

Per our summer class payment policy, half of tuition was due upon registration and the 2nd half of the remaining balance was due week 1 (June 25th). For camps, a \$50 deposit is due upon registration with the remaining balance due the 1st day of camp.

Fall Registration Open by August 8th

Please don't hesitate to register. Our classes can fill quickly! Our entire coaching and desk staff is returning as well as all your favorite classes! We are all looking forward to year nine of Cobra!!

If your daughter is interested in joining the 2018-19 team but is not registered in summer classes, please be in communication with us! We form our teams in August and host a unique team week before we open for normal classes, so we must know ahead of time for planning!

Yard Sale Wrap Up

Thank you to everyone who donated items and time towards our fundraising yard sale! We were able to raise just over \$1,400 towards our upgrades for Cobra! With the addition on hold, Cobra has instead acquired over \$20,000 in equipment upgrades! We have entirely new enhanced carpet bonded foam on our 42 x 42 spring floor, new preschool mats, new landing/crash mats, etc! We will be re-evaluating our expansion ideas and trying to come up with a plan that will be more cost effective! Thank you for your patience as we figure out how to grow with grace!

Summer Open Gyms -

Mondays - Open Gym from 6:45-8:00pm for Ages 5+

Thursdays - Teen/Adult Open Gym from 7:30-8:30pm for Ages 13+

No Town Music Festival, Stockbridge Vermont: July 27th-29th

Join Cobra's Tribal Bellydancers, Shelby, Lori and Stephanie of the Sisterhood of the Silk Road as they dance to Bow Thayer's music. Visit No Town Music Festival on Facebook for more info!

Trainings

Coaches and athletes are excited to head to Essex, Vermont this weekend to train with Olympians and National Champions at the Regal Gymnastics Training Camp. In August, Coaches Lindsey and Shelby will be attending USA Gymnastics National Congress in Rhode Island to train with some of the best clinicians in the country on preschool, boys & girls gymnastics and team level training! We look forward to sharing all of our knowledge with the Cobra community!

Thank you! ~Coach Shelby and Staff

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