

Cobra Gymnastics & Dance Studio – September 2018 Newsletter

Session I is here!

Our first week of classes begins September 11th! This 17-week session will run through January 26th and will include time off for Halloween (Afternoon classes only) , Thanksgiving (Monday, November 19- Saturday, November 24) and Christmas Holiday (Sunday, December 23- Sunday, January 6, 2019) breaks.

Registration is open until classes are full! At this time some of our classes are full and some only have 1 or 2 openings. Please call now so we can get your child enrolled or added to our waitlist.

****New Student Referrals - \$20 Pro-Shop Credit!**

We have a brand new referral program! If you refer a new student to us and they enroll for the full 17 week session, you will receive a \$20 credit in our Pro-Shop! This referral applies to a new student in any of our classes including Parent/Child, Preschool, Ninja and Recreation. Tell your friends and family to join us at Cobra!

New to our Fall Class Schedule

We are excited to announce that we have a few new classes that we have added to our schedule this year.

- Our *new* Backhandsprings & Beyond, Ages 8+ - On Wednesdays from 7:00pm-8:15pm with Coach Bonnie. The class will utilize our trampoline, tumble track, air track and other brand new training mats to accomplish great new skills and be ready for team tryouts of any style: acro, cheer or gymnastics!
- Girls Rec for Ages 9+ - On Wednesdays from 5:00-6:15pm with Coach Bonnie. This is a 75 minute recreational girls gymnastic class geared towards older girls specifically. Gymnasts will be grouped according to ability.
- Girls Rec Levels 1 & 2, Ages 7+ - On Mondays at 6:45pm-7:45pm with Coach Bonnie. This Level 1 & 2 class runs at the same time as our Ninja Training class to make scheduling easier for families with multiple interests.

Parent/Child and Preschool Gymnastics Program

Run by our talented team of instructors, we've added new bars, mats and ideas into this exciting program. Our coaches love to incorporate loads of fun while starting the little gymnasts on learning proper form and technique. The many benefits of getting toddlers and preschoolers involved in a gymnastics curriculum include; improved gross motor skills/hand-eye coordination, social skills/relationship building and increased focus in an instructional setting. We use many props beyond gymnastics apparatus including parachutes, ropes, hoops, scarves, rhythm and our voices! We have many options in our fall schedule to accommodate Pre-School and family schedules. Our Parent/Child classes are for ages 18-36 months and our Pre-school classes are for ages 3-5 years unless otherwise noted. These are our class offerings:

Tuesday

Parent/Child, 9:30-10:15am with Coach Lindsey

Pre-school, 10:30-11:15am with Coach Lindsey

Wednesday

Pre-school, 9:30-10:15am with Coach Shelby

Parent/Child 10:30-11:15am with Coach Shelby

Pre-school (Ages 4/5) 6:00-6:45pm with Coach Bonnie and Lori

Thursday

Pre-school 3:00-3:45pm with Coach Kathy

Pre-school 4:00-4:45pm with Coaches Lindsey & Devon

Parent/Child 4:00-4:45pm with Coach Kathy

Friday

Super Snakes (Ages 4/5) 1:00-1:45pm with Coach Lindsey

Saturday

Pre-school 9:15-10:00am with Coach Kayla

Parent/Child 9:15-10:00am with Coach Kathy

Pre-school 10:05-10:50am with Coach Kayla

Open Gyms for Fall

Join us for some open gym time! Check our events on our Cobra Facebook page for all of our open gyms.

Thursdays 7:45-8:45pm - Teen/Adult Open Gym, Ages 13+

Fridays 9:45-11:00am - Preschool and Homeschool Open Gym, All Ages AND 6:30-8:00pm - Regular Open Gym, Ages 5+

Parent's Night Out - 6:00-9:00pm on the 2nd Friday of every month - Ages 5+

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 13th from 10am-11am. The parade date is October 27th. Please email or leave your name at the desk if you are interested in receiving more information.

Competitive Team News - Spots Available

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!

Tribal Bellydance 1 & 2 - *New Time*

Tribal Bellydance with Shelby is now being held on Wednesdays from 6:45-8PM. Please join us!

Studio News

We are all looking forward to a fabulous year ahead with workshops and new classes. Our studio schedule is posted on our website and Facebook pages. We have two studio 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 and studio schedule changes!

Cheers to the year ahead!

Coach Shelby and all of the Cobra staff