

Happy Holidays from Coach Shelby and staff!

Leotard Sale! – Holiday shopping at Cobra!

We have a selection of great leotards that we are offering at 25% off the ticketed price. We also have lots of other product that make great gifts including sweatshirts, pajama pants, water bottles, travel tumblers, shorts and more! It's time to do some Holiday shopping!

The Cobra Meet - December 8th

Cobra Gymnastics & Dance Center presents the 7th Annual Chinese New Year Meet. This year we are celebrating The Year of the Pig (a little early). We will have two sessions on Saturday, one at 3:00pm and one at 6:00pm. Entry: \$5 per Adult, \$2 per Child, Under 6 & Under Free. 50/50 Raffle and Bake Sale! Please see our event post on the Cobra Facebook page for more info. We are also hosting a Vermont State Sectional on Sunday, December 9th!

Registration for Session 2

We are happy to start accepting priority registration for Session Two starting December 10th. If you are currently registered in our program, your child's place in class is guaranteed ONLY UNTIL January 12h. Afterward, our waiting lists will fill any vacant spots. Please check in with the desk to complete your registration if you are continuing 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!

Skill Testing, Advancing Levels or Changing Classes

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.

Mezzanine Etiquette

At Cobra, we feel it's important for you to observe your child's progress. Our mezzanine is an open area designed for this purpose. Quiet reading and relaxing is also encouraged. We have free wi-fi for Cobra members. **Please refrain from cell phone conversations or chatty conversation as it is disruptive to the class. Coaching from the mezzanine is not permitted.** The lobby will always remain open for viewing. Please remember when in the lobby that we often have yoga or dance classes being held in the studio; quiet voices are always appreciated.

Workshops in our Studio!

December 1st - Dance Workshop - Burlesque

December 6th - Monthly Yoga Dance

December 13th - Restorative Yoga & Yoga Nidra with Stephanie Jones, E-RYT -

December 15th - Yoga Workshop - Give yourself a gift!

December 20th - Sun Salutations for the Winter Solstice

December 23rd- Monthly Yoga

To find out more about these workshops and all our studio classes, please visit the Studio Serpentine at Cobra page on Facebook!

Holiday Closures

Cobra will be closed starting Sunday, December 23rd, 2018 through Saturday, January 5th, 2019. We will have limited desk hours during this time and they will be posted on our website. Our Studio closures for holiday period will be posted shortly on our website and Facebook.

Winter Weather Policy

Please note that in the event of inclement weather, morning classes will be cancelled by 8:00am, evening classes will be cancelled by 2:00pm. Please check our website, Facebook, or our phone message for cancellation updates. We do not make personal phone calls or emails.

Show Week for Session 1

Please mark your calendar that Show Week is the week of January 21st-26th. Plan on arriving about 20 minutes before class ends to see what your child has learned this session. More details to follow.

Parent's Night Out and Pre-school/Homeschool Open Gym

- December 14th is our next 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/Homeschool 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