

## **Cobra Gymnastics and Dance - April 2019 Newsletter**

Happy Spring to all!

### **April Break Closure**

Just a reminder... We are closed for April Break, the 15th-22nd! Enjoy!

### **Cobra Show- May 5th at 10:30am**

We will be celebrating all of our Cobra programs at the 9th annual Cobra Show on Sunday, May 5th! 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 3rd and is also a great opportunity to be able to see all the skills that your child has accomplished through their classes.

### **Birthday Parties - Booking Spring Parties Now!**

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! We host all of our parties on Sundays, with time slots available at 11:00am. 1:00 and 3:00pm. Stop at the desk to ask about availability for this spring.

### **Summer Camps and Classes**

We will be providing summer camps during the day and recreation, pre-school, team and advanced classes in the evenings as well. Our summer session will run from 6/24-8/16; the class schedule will be published soon!

### **New Class in our Studio and April Workshops**

Beginning Thursday, April 4th from 8:30-9:30 AM, Darci Munson Whitehorne will be offering Yoga for a Healthy Spine weekly. Yoga for a Healthy Spine is a mixed level class with a particular focus on the foundational movements of a safe yoga practice. Perfect for beginners, those returning from injury, or for experienced practitioners looking to strengthen their roots, this class is key to building the foundations for a sound yoga practice.

April Workshops:

4/4 - 6:30-7:45pm - Monthly Yoga Dance with Stephanie Jones

4/14 - 2:15-4:15pm - Yin Yoga & Pranayama - A Doorway to Meditation, with Paula Liguori

4/14 - 4:30-5:45pm - Yoga Devotion/Kirtan, with Paula Liguori and Brian Sylvester

4/26 - 7:30-8:45pm - Women's Dance Circle

4/27 - 10:00am-12:00pm - Yoga Foundations - The Core, with Darci Munson Whitehorne

4/28 - 9:30-10:45am - Monthly Yoga with Paula Liguori

Please see our Studio Serpentine Facebook or our website for more details on our studio schedule and offerings!

### **Open Spots in our Classes/Referral Program**

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!

And don't forget, if you have a currently enrolled student and refer a new student to Cobra, and they enroll in one of our classes for the session, you will receive a \$20.00 pro-shop credit!

### **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](mailto: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 28 state titles! 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!

Also, Congratulations are in order for our regional qualifiers: Xcel Silver team: Pippa Shaw and Maisha Hendrickson, Xcel Gold team: Caitlyn Giffin, Xcel Platinum team: Tayah Fuller and Sierra McDermott, and JO Level 7 team: Maleah Jones and McKenna Greene. Wish the competing gymnasts luck at the upcoming regional meets. JO Level 7 is competing April 7th in Springfield, MA and Xcel will be competing May 20-21st in Shrewsbury, MA.

Coach Shelby and Staff