

Cobra Gymnastics and Dance - May 2019 Newsletter

Happy Spring everyone!

Session II ends on June 8th. Summer Classes and Camps begin on June 24th.

Awards Week is coming!

During the last week of the session, June 3rd - 8th, we will be honoring our recreation and preschool gymnasts!

The students that have attended Cobra during the months of September-June (34 weeks) will also be receiving an attendance trophy. If your child only attending during the winter/spring months, please help us by explaining in advance what the trophies are for.

45 minute and 1 hour long classes, please be ready to enter the gym at around the halfway mark.

90 minute and 2 hour classes, please be ready to enter the gym for the last 1/2 hour of class.

Summer Camps and Classes- Registration is now open!

Our summer classes and camps start June 24th and run through August 15th. We have a variety of Preschool, Parent/Child, Recreation and Team practices all summer long. Please email or call us with questions and to register.

Our camps will fill up quickly! Get your registrations in now so we can secure your camp spot for summer. We have so many fun weeks planned with daily themes such as Ninja Day, Obstacle Course Day, Talent Day and more! We have full and half day camp options with early drop off and late pick up available.

The summer schedule can be viewed by [clicking here](#).

Summer Closures

Our last class of this session will be June 8th. Cobra will be completely closed June 9th - June 23rd (but will be checking emails and voicemails).

We will also be closed July 4th for all classes to celebrate Independence Day!

Studio Serpentine at Cobra - May Workshops

- May 17th - Women's Dance Circle 7:30-8:45pm - Come join us to dance Gabrielle Roth's 5 Rhythms. This is an opportunity for dance as free expression, spiritual practice, and bliss. \$5 for everyone!

- May 18th - Partner Yoga 10:00am-12:00pm - Partner Yoga is a wonderful practice of compassion, communication and joy. Choose a friend, family member, the love of your life or yoga buddy and join Stephanie for this special workshop. \$18 for members/\$20 for non-members
- May 19th - Yoga Devotion/Kirtan 4:30-5:45pm - Join Paula Liguori and Brian Sylvester for a Yoga Devotion session. Everyone is welcome and no experience necessary. Advanced registration requested. Donation based with a \$10 minimum. All proceeds will go to the Vermont Foodbank.
- May 26th - Monthly Yoga 9:30-10:45am - Join Paula Liguori for a self-nurturing yoga practice. This is a gentle to moderate class that includes centering, postures, breath work, mediation & relaxation. All welcome!

Birthday Parties

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 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!
Add on the water bounce house for summer fun!

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 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 Maleah Jones and McKenna Greene for qualifying for the Level 7 Regional Championships. They were held April 6-7 and the girls represented Vermont in true style and grace! Best of luck to Pippa Shaw, Caitlyn Giffin and Sierra McDermott as they compete this weekend at the Xcel Regional Championship meet! Go Cobra!!

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