

# Cobra Gymnastics and Dance Center - July 2019 Newsletter

## Summer Openings - Camps and Classes

We still have space in a few of our weekly summer classes. We will prorate the tuition for the remaining weeks.

Wednesdays - **Level 1 Recreation Gymnastics** 3:45p-5:00p

**Level 2 & 3 Advanced Gymnastics** 5:00p-7:00p

Thursdays - **Parent/Child 18 months-3 years** 4:30-5:15p

**Level 2 Advanced Gymnastics** 6:30p-8:00p

## Camp Weeks available- July 15th-19th, July 22nd-26th, August 12th-16th & August 19th-23rd

It's not too late to join a camp this summer! Coach Olivias (yes there are two) are fun, creative and energetic; they love coaching camp! Call or email us now to register! Drop-ins or partial weeks are available!

## Our new beverages and snacks have arrived!

We have received our new cooler and it's stocked with new options. We have also added new snacks.

Water Bottles \$1.00

All other beverages \$2.50

Cheese sticks \$0.50

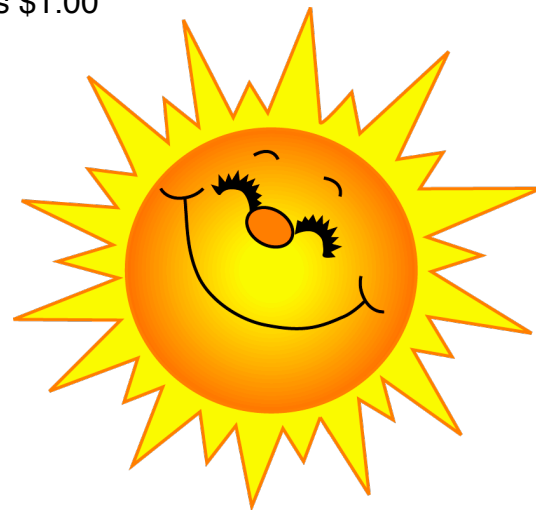
GoGo Squeeze Applesauce Pouches \$1.00

Kettle Chips \$1.00

Maple Beef Jerky \$4.00

## Studio Serpentine Schedule for July - air conditioned studio!!

- *Tuesdays* - Lunch Yoga with Brian from 12:00-1:00pm
  - Yoga w/ Darci 5:15p-6:15p
  - Men's Yoga with Brian 6:30-7:30p
- *Wednesdays* - Tribal Belly Dance with Shelby from 7:15-8:30pm
- *Thursday* - Yoga for a Healthy Spine 8:30a-9:30a
  - Yoga for Cancer 4:30p-5:30p
- POP-UP CLASSES- ONE TIME OFFERING
  - Saturday, July 20 Restorative Yoga Workshop 9:30a-11:30a
  - Sunday, July 21 Yoga Devotion/Kirtan 4:30p-5:30p
  - Sunday, July 28 Monthly Yoga 9:30a-10:45a



## Summer Class Payments are now past-due!

Per our class payment policy, half of tuition was due upon registration and the remaining balance was due on week one. For summer camps, a \$50 deposit is due upon registration; the remaining balance due the 1st day of camp.

## Fall Registration will open by August 12th - classes begin September 9th

**Please don't hesitate to register.** Our classes can fill quickly! Coaches Shelby, Lori, Topsy, Gail, Sarah, Kayla and Pam (*returning from summers of 2016 & 2017*) are all excited to welcome in year **ten** of Cobra!! Coach Olivia will be heading to college in Burlington, so we will see her during breaks and in the summer months!

If your daughter is interested in joining the 2019-20 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!

## 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. We look forward to sharing all of our knowledge with the Cobra community!

## Payment System Change

We have welcomed a new credit card processor which will benefit our small business and in turn you, our clients. In years past, we have spent almost \$6,000 annually in fees. We would rather put that money towards staff training, new equipment or upgraded amenities. You may continue to use your credit card at the desk, but a 3% fee will be added to your charge at the time of payment. We still offer the parent portal ACH debit option, and of course cash or check. We hope you understand the value of keeping our money local.

*Thank you! ~ Coach Shelby and Staff*

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