

# COBRA GYMNASTICS & DANCE

## SEPTEMBER 2019 NEWSLETTER

### **Session I is here!**

Week one was so spectacular, we are so thankful for your fabulous kids! This 17-week session will run through January 25th and will include time off for Halloween (Afternoon classes only), Thanksgiving (Monday, November 25- Saturday, November 30 ) and Christmas Holiday (Sunday, December 22- Sunday, January 5, 2020) breaks.

### **Registration is open until classes are full!**

At this time we still have openings in some of our classes. Please call now so we can get your child enrolled or added to our waitlist.

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

We are continuing our referral program! If you refer a new student to us and they enroll for the full 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, and Recreation. Share your experiences with your friends and family and invite them to join us at Cobra!

### **Parent/Child and Preschool Gymnastics Program**

Run by our talented team of instructors, we are continuing to develop new lessons and gym ideas. Our coaches love to incorporate loads of fun while helping our little gymnasts to learn body awareness and dexterity. The many benefits on 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! 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 openings in the following classes:

#### **Wednesdays**

Pre-school, 9:30-10:15am with Coach Shelby  
Parent/Child 10:30-11:15am with Coach Shelby  
Pre-school 1:00pm-1:45pm with Coach Shelby  
Pre-school (Ages 4/5) 6:00-6:45pm with Coaches Shelby & Lori

#### **Thursdays**

Pre-school 3:00-3:45pm with Coach Pam  
Parent/Child 4:00-4:45pm with Coach Shelby

#### **Fridays**

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

#### **Saturdays**

Parent/Child 9:15-10:00am with Coach Shelby  
Pre-school 10:05-10:50am with Coach Pam



### **Open Gyms for Fall**

Join us for some Friday Open Gym time! Check our events on the Cobra Facebook page for all of our open gyms.

Fridays 9:45-11:00am - Preschool and Homeschool Open Gym ages 18 months-7 years

Fridays 6:45pm-8:15pm - Regular Open Gym for school ages OR

Friday's Parent's Night Out - 6:15pm-9:15pm...2nd Friday of every month

### **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 12th, time TBD. The parade date is October 26th. 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 Bronze Team, 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 1 with Shelby is now being held on Wednesdays from 7:00p-8:15p and Tribal Bellydance 2 following at 8:15pm-9:00p 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 studio schedule changes! Cheers to the year ahead!

*Coach Shelby and all of the Cobra Staff*