

Cobra Gymnastics & Dance - November 2019 Newsletter

Holiday Closure

We will be closed Monday-Sunday, November 25th -Dec 1st for all gymnastics classes during our Thanksgiving break. The studio will be open for some yoga classes. Please see the schedule or visit the website or Facebook. Cobra will also be closed December 22nd - January 4th, 2020. Desk and team hours will be available on Facebook and our website for that time period.

Session Two Registration - Mark your calendar!

Session Two begins the week of January 27th. Priority registration for the next session will be December 9th - January 11th. You must put down a deposit during priority registration to save your current spot in classes. Open registration begins on January 13th!

Studio News

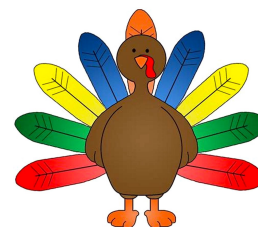
New Pricing Effective 11/11/19

50-60 minute classes; \$11 per class or \$99 for a 10 class punch card

75 minute classes; \$13 per class or \$117 for a 10 class punch card

90 minute classes: \$15 per class or \$135 for a 10 class punch card

All 2 hour workshops will be \$22 per workshop



Upcoming events and workshops in our Studio!

- November 16th - One Blanket Restorative Yoga 9:30a-11:30a
- November 16th - Thai Massage Partner 12n-2p
- November 22nd - Women's Dance Circle 7p-8:30p
- November 23rd - Myofascial Release Self-Treatment 12n-1:30p

Please call for more info and to register and also visit and like our studio Facebook page "Studio Serpentine at Cobra" for all of the latest studio happenings and schedule updates!

Fall Class Openings!

As is our policy, we keep registration open until classes are full. With eight weeks remaining (and cold weather settling in) we'd love to offer the spots to willing children! Some classes only have one spot left, so share with friends and family!

Parent/Child Classes: Wed 10:30a, Thur 4p, Sat 9:15a

Preschool Classes: Wed 9:30a, Wed 1p, Wed 6p, Thur 3p, Sat 9:15a

Girls Rec Level 1: Tue 4p, Tue 5p (8+), Wed 4p, Wed 6:45p (8+), Thur 4:45p, Sat 11a

Ninja Training : Mon 4pm (8+)

Referral Program

If you refer a new student to us and they enroll for the fall 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. Tell your friends and family to join us at Cobra!

Pre-school Open Gym & Parents Night Out

- Friday Mornings 9:45am-11:00am

This 75 minute gym time is designed to let your little ones explore our gym. 18 months – 6 years old are welcome to enjoy free play under the supervision and guidance of our coaches. 18-36 month must be accompanied by an adult.

Registered Cobra Members: \$8 Cobra Members: \$10 Drop-In: \$12

- 2nd Friday of the Month, November 8th is our next one! 6:15 - 9:15 p.m.

Drop off the kids for three hours of fun every second friday of the month. Dinner, games and gymnastics for all! No need to pre-register - just drop in!

\$18 member price, \$20 non-members, \$45 family rate for 3+ kids. Ages 5+

Competitive Team and The Cobra Meet

With anticipation and joy, our girls competitive team will begin their season this month with the Harvest Meet at Northern Lights Gymnastics on November 23rd and 24th. Competing in VT, NY & MA, they love fans and support! If you have a future Cobra Team athlete, check out our schedule online and come watch some meets!

And please save the date for the 8th Annual Cobra Meet on Saturday, December 8th! We welcome our whole Cobra family to come out and support our competitive gymnasts in their home gym.

Happy Thanksgiving! - Coach Shelby and Staff

