



2300 Commercial Blvd.

State College, PA 16801

814.238.8995

nittanygym.com

GymTalk

Gymnastics Classes at NGA

Gymnastics classes at Nittany are offered by age and ability. Children ages 12 months through 5 years fit into our Mega-Tot program. Children ages 6 and up will be placed into Boys/Girls GymStar classes. The GymStar program at Nittany is our progressive instruction of skills on all Olympic events for girls and boys. Students participate in a structured warm-up session at the start of each class to build strength, flexibility, and a solid foundation. Weekly event rotations give students the chance to practice and learn skills on each event in a regular, systematic fashion. Children are placed into classes according to ability: Bronze = beginner level, Silver = intermediate level and Gold/Platinum = the advanced levels. Each class is structured with progressions to enable children to improve and work their way up to the next level. Your child's instructor will track their progress. Please contact the office if you have any questions

FALL Schedules On-Line.

Check out our website: nittanygym.com for program descriptions and schedules for the School Year 2011-2012. We offer many different classes for children ages 1 and up—gymnastics, tumbling, and athletic training.

TeamTalk

Curious about Competitive Gymnastics at NGA?

NGA has three competitive gymnastics teams: the USAG Girls team, the USAG Boys team and the USAIGC Girls team. The USAG Girls team has 7 competitive levels 4-10, with a non-competitive level 3 team. The USAG Boys team have levels 4-10, which are all competitive. We also offer a recreational team, which competes in 3 levels of the USAIGC league, Bronze, Silver, and Gold. The teams have worked hard all summer and are excited to start their competitive seasons. The Girls team starts their competitive season in November in Pennsylvania, and then travels to Maryland in December. The Boys team gets into action in January in Harrisburg, PA. The USAIGC will kick off their season in January as well. **The USAG Girls team will host a meet in State College at the C3 Facility on Benner Pike on January 21-22, 2012 and on March 3-4, 2012. Come out and support our Girls Team! Kids that wear a Nittany Shirt get in free!! For more information regarding our teams, please visit our front office.**

**FOLLOW US ON
FACEBOOK AND TWITTER!**



PartyTalk

Birthday Parties at Nittany are FUN!

Consider Nittany Gymnastics as the venue for your child's next birthday party! The ultimate party experience! The kids enjoy instructed fun in the gym for 45 minutes, followed by 30 minutes of food and presents at our party table!! Keep the kids moving and keep the mess out of your house! Nittany Gymnastics is air conditioned so consider a birthday party at Nittany Gymnastics Academy any time of the year! Check out our weekend party times on our website. Visit the front desk or call for details and to reserve your party time!

COMING SOON:

Kerry Lewis, a Penn State graduate with a degree in kinesiology and nutrition, will be contributing a 'fun facts about nutrition' column starting in October's newsletter. Kerry has been an instructor at Nittany Gymnastics Academy for 5 years and is excited to share her knowledge of nutrition and physical activity.

NATIONAL GYMNASTICS DAY—

SATURDAY SEPTEMBER 17th 2011

HELP BREAK THE WORLD HANDSTAND RECORD!

On National Gymnastics Day - at 1:00pm - join us at Nittany Gym and be one of the many gymnasts across the country who will be kicking up to a handstand to break the world record for the number of handstands held at the same time!

Events To Remember

Mark these dates on your calendar!

Fall classes start Monday Aug 29, 2011 and run until the end of May 2012.

Monday, September 5, 2011 GYM CLOSED for Labor Day

Day Camp: Friday 11/04/1 9am to Noon

Parents—looking for an activity for your child on their day off from school? Send them to Nittany Gymnastics for a morning of fun and fitness! Snack included. Two age groups: 4/5 and 6+. Pre-register your children for the Day Camp at the office! Registration open through November 3rd.

■ **Progression Posters** – GymStar Progression Posters will be handed out in October

FlipSide

MegaTot Newsletter

Pro Shop Specials

Competition Results



MegaTotTalk



Welcome to Nittany Gymnastics MegaTot Program! We are happy to see many of you returning from last season and welcome all the new members to our program. We are excited to start the 2011-2012 session with your

children. For the next three weeks of class we will be exploring the gym and all the equipment. Our goal is to provide a fun and safe learning atmosphere where each child will experience success. We feel this can help to build your child's self-esteem. We will be working with each child according to their ability and personality. They will be learning the names of the apparatuses and body positions, rules of the gym, and learning how to fol-

low a circuit. The first week of each month your child will be given a Nittany Gymnastic Newsletter. Please take the time to read through the newsletter to keep you informed about upcoming events and programs. If at any time you have a question or concern please feel free to ask your child's instructor or a staff member at the front desk. Most of the MegaTot classes are held upstairs, where we have age appropriate equip-

ment. We do have a camera upstairs so that you may watch your child on the TV in the lobby. If your child needs to use the bathroom during class time, we monitor your child walking down the stairs and into the lobby. However we can not leave our class to help them use the facilities. We ask the parents of younger children, who may need assistance, to stay in the lobby during your child's class. We are looking forward to a great year!

StaffTalk

Get to know us better!

In each newsletter, we'll highlight our staff members. This month we would like to introduce the Directors of our GymStar and MegaTot programs.

Lesley Heebner—GymStar Director

Lesley was a competitive gymnast for 5 yrs, a cheerleader for 7 yrs, and a dancer for 14 yrs. She has coached cheerleading since 2005 and taught gymnastics since 2008.

Lesley's goals at Nittany Gymnastics are to build self-confidence in kids through motor skill development and provide the building blocks for goal setting and goal achievement.

Carole Dudukovich—MegaTot Director

Carole has a BS in Elementary Education and taught PreSchool at St. Catherine Laboure. She has been the MegaTot Director at Nittany Gymnastics since 2002.

Carole's goals for the MegaTot kids are to build self-confidence, self-esteem, love of movement and fitness through the litigation of gymnastics.

ProShop

We currently offer gymnastics leotards from GK, Alpha Factor and Destira in our Pro Shop. We receive new leotards every 4 weeks—so don't delay if you have your eye on one. You can also check out our Virtual Pro Shop Online at www.alphafactoraerials.com using the gym ID: Nittany Gym.

\$2 OFF ANY LEOTARD
Nittany Gymnastics Pro Shop
Valid through September 30, 2011.

Thank You

As a thank you to our local service men and women, Nittany Gymnastics offers a **10% tuition discount for children with a parent or legal guardian on active military duty.** Please stop by the office to let us know if your family qualifies.

NEW CLASS AT NGA! Our new **P.E.A.K.-a-boo** program is aimed at preschoolers ages 4 and 5, and focuses on the fundamentals of multiple sports as well as gymnastics. Each month a new sport is introduced. Each class includes gymnastics. School Year 2011/12 classes are Monday at 1:50 and Thursday at 1:50.

A Clean Car Benefits All!



Please consider picking up a discount card for Team Blue Car Wash the next time you are in the gym. The discount cards are located on the office wall and are available at no cost to you. When they are presented with the purchase of an exterior car wash and interior cleaning, you will receive a \$5 discount and Team Blue will donate \$5 to the general fund for the Nittany Gymnastics teams at NO EXTRA COST to you. This fund benefits all of our gymnastics teams.

Kids In Motion (KIM) - Have fun WITH your pre-schooler!

KIM is a parent-directed open gym for pre-schoolers age 1 - 5. Meets Mon at 10:30 & Thurs at 9:30 during the school year. 45 minutes/class. Call ahead to enroll if your child is not already enrolled in a class at NGA. \$5 /child/class.

CompetitionResults

Watch for results from our award winning boys, girls, and recreational gymnastics teams!