

2300 Commercial Blvd. State College Pa 16801  
(814) 238-8995 [www.nittanygym.com](http://www.nittanygym.com)

**GymTalk**

Please note that we have a shared parking agreement with our next door neighbor, Celebration Hall. If our parking lot is full, please feel free to park at Celebration Hall in the marked spots. Please do not park in the alley or the cul-de-sac.

If you missed class on Mon Jan 16th or Sat Jan 21st due to inclement weather, please see the office to schedule your snow make-up class offered on Tues. March 6th.

- Classes to choose from:
- 10:30: Pre-k
  - 10:30 Girls Bronze/Silver
  - 1:00 Pre-k
  - 1:00 Bronze/Silver Tumble
  - 4:00 Pre-k
  - 4:00 Girls Bronze/Silver
  - 4:00 Boys Bronze/Silver
  - 5:15 Toddler
  - 5:15 Girls Gold
  - 5:15 Boys Gold



**WINTER WEATHER!**

**In case of inclement weather, check the following places to see if your Nittany class is still running!**

- 1) Check the Website:  
[www.nittanygym.com](http://www.nittanygym.com)
- 2) Call the gym: 814-238-8995

Cancellation messages will be posted by 8:30am for morning classes, by noon for afternoon classes and by 2:30pm for evening classes.

**Events To Remember**

**Mark these dates on your calendar!**

**MegaTot Val Pal, February 13th—18th, 2012**

MegaTot students can bring a friend within one year of age to class during this week for gymnastics and Valentines Day fun! Be sure to have your friend bring a waiver signed by a parent or legal guardian.

**T-Shirt artwork entries due to the office—March 3, 2012**

**GYM CLOSED Monday, March 5, to Friday, March 9—Spring Break**

**PartyTalk**

**Birthday Parties at Nittany are the BEST!** 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! Consider a birthday party at Nittany Gymnastics Academy any time of the year! Party times are Saturday evenings at 5:30 and 7:15 and Sundays at 12:00, 2:00, 4:00, and 6:00. Visit the front desk or call for details and to reserve your party time.

**KIDS NIGHT OUT!**

**Saturday Feb 18th from 6:30-9:30 pm**  
A RECESS FOR MOMS AND DADS

Nittany Gymnastics' *Kids Night Out* lets parents enjoy some adult time while your children have a blast in our fun & safe gym! Trained instructors will lead the kids through games & activities!

**MEMBERS:**

- One Child: \$30
- 1st Sibling: \$25
- 2nd Sibling: \$20
- 3rd Sibling: \$15

**NON-MEMBERS:**

- One Child: \$35
- 1st Sibling: \$30
- 2nd Sibling: \$25
- 3rd Sibling: \$20

**T-SHIRT DRAWING CONTEST!**

**We want YOUR best drawings for the next Nittany t-shirt!**

Please submit your artwork to the office by March 3, 2012. The winner will be announced & awarded a prize in late March! The winning drawing will be made into our 2011/2012 School Year session t-shirt! Up to 600 children, young adults & Nittany staff will be wearing these t-shirts with pride. Prizes given to all who enter.

**COMING SOON**

**P.E.A.K.**

**Performance Enhancement in Athletics for Kids**

**Want to be faster & stronger? Train for speed & agility in our new P.E.A.K class.**

**Thursdays from 7-8pm  
Ages 6-12 / \$58 per month**

**More details to follow  
See the office to enroll!**

**RESTORE THE CORE**

Restore the Core launching at Nittany Gymnastics Academy at 7:05pm on Tues Feb 21st!

\$89 for 6 class sessions

Restore the Core is an intensive mat-based pilates class incorporating flat bands and pilates balls.

**No impact. No Cardio. All core.** Karin Johnson is an AFAA Certified Group Fitness Instructor specializing in small group training for women only. She is a fitness enthusiast and is excited to help women become stronger in health, fitness and nutrition.

Please contact Karin via email to register at:

[Karin.johnson@karnafitness.com](mailto:Karin.johnson@karnafitness.com)  
Class size is limited.

*\*There is a \$25 one-time enrollment fee, which will include flat band and pilates balls necessary for class\**

**FlipSide**

**MegaTot Highlight**

**Pro Shop Specials**

**Competition Results**



# MegaTotTalk



## We ♥ MegaTots!

### Dear Parents -

During the week of February 13 through February 18 the MegaTot students may bring a friend to class with them for the Val-Pal week. The students must be within one year of the friend's age and have a waiver signed by their parents or legal guardian before they may enter the gym. During the month of January, the

students have become more comfortable with their instructors, other students and the routine of the class. We hope to provide a positive, fun, and safe environment where your child can develop a willingness to attempt new and challenging tasks while mastering skills. Many of the skills taught are fundamental to the development of all types of sports activities. These skills are valuable aids in a child's growth as he/she learns about the physical world around them. The

format of the class lends itself to the social development of the children. They learn to work in groups, with partners, well as improving their individual growth.

We all really enjoyed having our favorite stuffed animal join us for class. It is amazing how fast your little ones can teach their stuffed animal to jump on the trampoline and do a forward roll and yes, climb the rock wall!

We will be hosting CRAZY SOCK WEEK for 2 weeks in March. More information will be in the March newsletter.

We will be closed for Spring Break from March 5th—March 9th. We will be open for class on both Saturday, March 3rd and Saturday, March 10th.

Please remember—with winter weather, there is a possibility of the gym being closed.

To see if your class is being held—please

- 1) Call the gym: 814-238-8995 or
- 2) Check our website: [www.nittanygym.com](http://www.nittanygym.com)

Thank you and Happy Valentines day!

Carole and the staff at Nittany

## A Clean Car Benefits All!



Are you planning a trip to a car wash to clean away the winter grime? If so, please consider picking up a discount card for Team Blue Car Wash the next time you are in the gym. 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 & interior cleaning, you will receive a \$5 discount & Team Blue will donate \$5 to the general fund for the Nittany Gymnastics teams at NO EXTRA COST to you. This fund benefits all three of our teams—the girls' team, the boys' team, and the USAIGC team. If you are a Team Blue customer or are considering becoming one, please use the discount cards every time you get your car cleaned. Our gymnasts thank you!

ProShop

We offer gymnastics leotards from GK, Alpha Factor & Destira in our Pro Shop. We receive new leotards every 4 week, 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](http://www.alphafactoraerials.com) using the gym ID: Nittany Gym.

\$2 OFF ANY LEOTARD

### Nittany Gymnastics Pro Shop

Valid through February 11, 2012.

## Thank You

As a thank you to our local service men and women, Nittany Gymnastics offers a

### 10% active duty military discount.

Please stop by the office to let us know if your family qualifies.

### Brian Babcock Invitational Allentown, PA 1-21-11

#### Level 8

Ben Gingher—5th PH/V, 4th SR/PB/HB, 3rd FX/AA  
Jason Keller—3rd PH

#### Level 7

Jaret Beyer—6th FX, 1st V

#### Level 5

Tanner Deyo—5th PH, 4th SR, 3rd HB  
Timmy Pope—2nd PB

#### Level 6

Robert Ritter—2nd PB

### Nittany Invitational State College, PA 1-21/22-12

#### Level 10

Kyra Levi—5th V, 4th UB, 5th FX, 5th AA

#### Level 9

Allison Hester—4th V, 3rd BB & FX  
Mackenzie Kirsch—5th BB  
Jayda Wadsworth—4th UB, 3rd BB, 5th AA

#### Level 8

Sofia Bjalme—1st UB, 4th BB, 2nd AA

Ali Dzyak—5th V  
Hannah Straub—4th BB  
Lily Plute—6th AA

#### Level 6

Erica Beyer—6th V, 5th BB, 3rd FX, 4th AA  
Megan Keller—5th V/FX, 2nd UB, 3rd BB, 4th AA

Zoe Rankin—4th UB/FX, 6th BB, 5th AA  
Kenzie Kocher—5th V, 2nd UB/BB/FX/AA

#### Level 4

Tylar Sanderson—3rd UB  
Rachel Glossner—5th V, 1st UB, 3rd BB, 2nd FX, 1st AA  
Rylea Reichert—6th UB, 4th BB

### Janet Rothenberg 1-14/15-12

#### USAIGC

Kelly Vanden—6th BB  
Anja Johnson—6th UB, 5th V, 4th BB/AA, 2nd FX  
Cassidy Davidson—6th V/FX/AA, 3rd UB/BB  
Devin Walker—3rd BB  
Katerina Coffman—3rd V, 2nd UB, 5th AA

### <<FUN FACTS ABOUT NUTRITION >>

**Fussy eaters!** Do you have a picky eater at home? Here are a few tips to ease your meal-time struggles:

**Introduce new foods carefully.** Add one new item during a meal, along with a favorite food.

Try avoiding extreme temperatures that may scare your child, providing a bad experience.

**Make foods fun.** Use dipping sauce such as yogurt, peanut butter, or cheese with fruits and vegetables. Make foods more appealing with lots of color and silly cookie cutter sandwich shapes.

**Get your child's help.** Let them be your little helper by picking out produce at the market.

Give them a kitchen duty such as washing vegetables or setting the table, allowing them to be more involved.

**Be patient!** Keep portion sizes small; they can always go back for more.

Not only will these tips help battle those dinner-time frustrations, but also keep it a fun experience! **Happy eating!**

Competition Results

Please note that here we only list gymnasts that place in the top 6. Many more of our gymnasts received recognition for placing in the top 25%.