

Nittany Gymnastics Academy, Inc.

Chalk Talk

October 2011 Newsletter

2300 Commercial Blvd. State College, PA 16801 814-238-8995
nittanygym.com

TeamTalk

PartyTalk

GymTalk

Is my child in the right class?

During the first few weeks of class, our instructors get to know your children a little better by testing their gymnastics skill level. Nittany Gymnastics has specific level progressions for your child, and once the skills in each level are achieved, your child will receive a skill sticker for their progression poster. Once all the skills for your child's class level (Bronze, Silver, Gold) are achieved, we will suggest that your child move to a class in the higher level. Please feel free to ask your child's instructor if you have any questions or concerns. Your child's instructor will be handing out progression posters this month!

PLEASE READ! PARENTS of young children—PLEASE BE IN THE LOBBY WHEN YOUR CHILD IS DISMISSED FROM CLASS!

It can be very unsettling for a young child to be alone in the lobby after class. In the unlikely event that you get delayed and will not be able to be here to meet your child upon dismissal, please call the office. In an emergency situation, call our office immediately so that we can talk with your child

FOLLOW US ON FACEBOOK & TWITTER!



The first 10 people to like us on Facebook by October 15th will receive a Nittany Gift! Great deals and discounts will be coming soon for all our Friends on Facebook!!!



FB Page: Nittany Gymnastics Academy, Inc.
Twitter: NittanyGym

Events To Remember

Mark these dates on your calendar!

Day Camp: Friday 11/04/11 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. \$30 per child/\$55 per family for members. \$35 per child/\$60 per family for non-members.

MegaTot and GymStar Bring-A-Friend week/Tricks for Treats—Monday, 10/24 through Saturday, 10/29. All MegaTot and GymStar class children are invited to bring a to class. Does not include Funastics, Kids in Motion, and Team

Thanksgiving Break—The gym will be closed for all classes starting on Tuesday, November 22nd through Sunday, November 27th. Classes will start again on Monday, November 28th.

Girls Team Opens Season in Butler, PA in November!

Our Level 4 and 6 Girls USAG Team gymnasts start their competitive year on November 11-12th in Butler, PA. This will be the first competition ever for our Level 4 girls! They have been working very hard all summer and are excited to show off all they've learned! In December our Level 7-10 & Elite Training Gymnasts will travel to Baltimore, MD, to compete in the Christmas on the Chesapeake Invitational. Our Boys USAG and our Girls USAIGC teams will begin competition in December and January. Look for more info coming soon!

Birthday Parties at Nittany are the BEST!

Consider Nittany Gymnastics as the venue for your child's birthday party! The ultimate party experience! 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 a birthday party at Nittany Gymnastics Academy is great any time of the year! Party times are Saturday evenings and all day Sunday. Visit the front desk or call for details to reserve your party! Ask about our extended party times!

GymStar BRING-A-FRIEND TRICKS FOR TREATS INFO

All GymStar students may BRING-A-FRIEND and wear a costume to class during the week of October 24-29. GymStar students may bring a friend that is 6 years or older to participate in their gymnastics class! Permission slips will be handed out the week of Oct 10th. Each friend must bring this form signed by their parent/guardian to class. Please be sure your child has proper clothing on under the costume for class.

NITTANY NEWS!

Want to train to be a ninja warrior?

Check out our new Parkour Class! Tues 8:15-9:15

We added two more classes to our schedule: Tues 5:30 Girls Bronze and Wed 6:15 Boys Silver

Keep up to date with the latest Nittany News on our message board located by the gym door entrance.

>>Fun Facts About Nutrition<<

Out with the pyramid, in with the plate! After almost 20 years of utilizing the food pyramid for nutrition guidance, the U.S. Department of Agriculture has recently introduced the food plate as its new icon. The *MyPlate* image is a simplified visual cue to help people build healthy plates at meal time. The USDA emphasizes multiple important messages with the *MyPlate* campaign: balance calories with smaller portion sizing, make half of your plate fruits and vegetables, and replace sugary beverages with water. For more information and healthy meal ideas visit <http://www.ChooseMyPlate.gov>!



FlipSide

Employee Highlight

MegaTot Highlight

Pro Shop Specials

Competition Results



StaffTalk

Get to know us better!

In each newsletter, we'll highlight our new staff members. This month we would like to introduce two new Nittany staff members to you! Check out our website for info on all staff! www.nittanygym.com

Kerry Lewis

Kerry is from Mountain Top, Pa and participated in both recreational and competitive gymnastics since the age of 2. She has been a member of our staff since 2007. Kerry's goal as an instructor is to promote physical activity in a fun atmosphere through the sport of gymnastics. Kerry works with tumbling, Gymstar, and MegaTot students.

Michelle Jocks

Michelle is from Islip, NY. She started gymnastics at the age of 1, began competing at the age of 6 and completed Level 7. Michelle wants to share her enthusiasm for kids and gymnastics with the children she teaches. Michelle works with our Tumbling students and subbing across our programs.

MegaTotTalk

We had a great first month! Congratulations to the gymnasts for working hard and for good listening. We are happy to be working with your children. We are beginning to understand the different needs and abilities of each child. As we continue to work with them weekly, we will address their skill level. We want our gymnasts to learn in a safe, fun environment. We stress the importance of following safety skills.

- Good Listening
- Walk on & off the trampoline
- Walk to the next event by following the teacher
- Wear proper attire: Leotard or shorts and hair tied back for girls.

We have also been working on warm up positions. You can

help your gymnast at home by asking to see these different positions:

- **Pike**- Legs out straight, toes pointed
- **Tuck**- Legs pulled in toward chest, hands pull in on knees
- **Straddle**- legs stretched to the sides, toes pointed
- **Butterfly**- Soles of feet touching, knees facing out.
- **TaDa**- Stand straight, feet together, arms straight up

Your child will be bringing home color pages and will receive stamps that demonstrate these positions. We have also been working on following a circuit. This teaches the children to wait their turn before performing the skill, following directions, and keeps them safe. Soon the gymnast will automatically know what station to go to next with out being instructed.

PIKE! TUCK! STRADDLE! SMILE!

Tricks for Treats week for the MegaTot program (Toddler, Pre1, Pre 2, Pre K, Kinder) will be Mon. Oct 24th - Sat. Oct 29th On your child's class day they may bring a friend and both may wear a costume. The friend must be the same age or within 1 year. **NGA permission slip** will be handed out after class starting on Monday, October 10th.

Each friend must bring this form, signed by their parent or legal guardian, with them on the day of the class. If a child does not have a signed form they will not be allowed in the gym. If the costume prohibits the child from participating safely, we will help them take it off after warm ups. Please have appropriate clothing on under so that your child and their friend can participate in class. We are looking forward to all the creative disguises!

RESTORE THE CORE

\$89 for 6 class sessions

Launching Tues Nov. 1st 7:15pm at Nittany Gym

An intensive mat-based pilates class. Strengthen your core and tuck your tummy with our 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 owns and instructs Karna Fitness, which is small group training for all adult women including KARNA Camp and RESTORE THE CORE. She is also a Dr. Sears L.E.A.N certified coach helping families become healthier through Lifestyle, Exercise, Attitude and Nutrition. Please contact her via email at

Karin.johnson@babybootcamp.com for further information on RESTORE THE CORE, as class size is limited! *KARNA has a \$20 Enrollment Fee, which provides your pilates balls and flat bands for class* All payments should be made directly through Karin.

ProShop

Looking for some gymnastics or tumbling apparel?

Check out our Pro Shop—located right next to the front desk.

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 October 31, 2011.

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.

CompetitionResults

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

If you or your child has an interest in any of our gymnastics teams, please contact Amy at amy@nittanygym.com