



Summer 2011 Newsletter
253-826-5999

8th Annual BBQ!!



August 30, 2011 5:30 to 7:30pm
FREE Open Gym & BBQ (Hot Dog, Chips & Water)
Competitive Team Demos and Fundraiser
Team Travel Fundraiser including: Raffle, Rummage Sale and Carnival

SUMMER CAMPS!!!

Now Enrolling...

Each camp offers a weekly theme that includes A LOT of gymnastics and FUN for ages 4-12!

Half Day (M-Th 9-12 or 12-3 & F 9-1)

\$100/wk- Non-member
\$90/wk- Member

Full Day (M-Th 9-3 & F 9-1)

\$170/wk- Non-member
\$160/wk- Member

Fridays we serve pizza and have a show for the parents!

SPACE IS LIMITED....
Stop by the front desk or call
A253-826-5999!

Go to our website at
www.roachgymnastics.com
for a printable brochure.

Parent's Night Out

Come join Roach Gymnastics for a fun night of games, free play and friendship! Drop your kids off, and enjoy an evening out!

Ages 4 and up
5:30pm—9:30pm

Upcoming dates...

August 20
September 17
October 15

Fundraiser for your PTA/PTO

We will host a Parent's Night Out for your school and the PTA/PTO will receive part of the profit from the night.

Email us at
roachgymnastics@hotmail.com
for a flyer today!

Open Play

Bring your kids for some play time every THURSDAY from 1-2:30pm.
Lots of FUN to be had by all!

Homeschool Gymnastics Classes

Do you know some families that home school their children and need an activity during the day?
We are enrolling children in daytime gymnastics classes starting in September !

Premier Valley All-Stars Cheerleaders Needed

We are currently in search for cheerleaders ages 5-8 to join our competitive cheerleading team.

Practices run every Tuesday and Thursday night from 5-7pm.

Please contact Roach Gymnastics at **253-826-5999** today!

www.roachgymnastics.com

The Coaches Corner

Everything that you need to know about gym life!

New Directors means New Ideas!
You may have seen some new faces here at the gym and out an about, do you know who they are?

Leah Reed—Recreation Director
Erica Gosland—Preschool Director
Emily Groby—Off Site Director
Alexis Whitt—Developmental Director

We are ALL super excited to see you in the gym!

Pre Team Happenings

As Roach Gymnastics continues to grow, so does our Developmental and Pre Team programs. Currently we have two competitive Level 3 teams, along with a non-competing Pre Team. As our developmental programs have grown, we have been able to raise our skill level and become competitive with the surrounding gyms. We are excited to watch our Pre Team and Level 3 teams grow and develop into our competitive Team program.

- Alexis Whitt, Developmental Director

Team Happenings

Currently our Team girls are working hard throughout the summer to prepare for the start of their competition season in the fall! We cannot wait to see all of their hard work pay off during competition season, and hope that you will come cheer them on! Please join us for our Monster Mash competition here at Roach Gymnastics on October 21st and 22nd.

- Alexis Whitt, Level 6 Coach

Recreation Happenings

We are excited to be learning new skills. Every two months we send home progress certificates that show you exactly what skills your child has mastered and what skills they still need to master to progress to the next level. Each week we have lesson plans that the coaches follow so we have consistency throughout all levels. Some examples of the skills taught are:

Level 1: Handstands, stick landings, pull-overs, and stretch jumps with arms in crown.

Level 2: Handstands, back hip circles, bridge kick over, pull up-pull overs, tuck jump dismount.

Level 3: Front hip circles, back hip circle dismount, shoot thru, handstand flat back
Boys: Tripods, handstands, back hip circles, punch forward roll, step hurdle.

We are now offering morning Rec. Classes! In addition to our regularly scheduled evening classes, Tuesday morning at 10 am we are offering a Level 1&2 combo class, and a Level 3 class at 11 am. If you are interested in transferring into either of these classes please contact the front desk.

- Leah Reed, Recreational Director

Preschool Happenings

Summer is here and we have finished up our "Hawaiian Luau" theme in June and our "Western Round-up" in July. The next few months we will be roaming with "Dinosaurs", creating "Magic", along with searching for the "Great Pumpkin". Preschoolers have creative and vivid imaginations, and it is highly important to us that the themes that we create tap into their creativity while learning gymnastics.

We offer various classes to fit all age ranges, and our Mini Dippers class is specifically designed for three year olds. Within this class, your little gymnasts are learning how to listen to a coach, follow an obstacle course, follow a leader, and work with a partner or group all while being away from their parents. The development throughout the course of this class is amazing! Our Mini Dipper class runs for 45 minutes. The next step following our Mini Dippers is our Little Dippers which is specifically designed for four year olds. The Little Dippers class runs for 55 minutes.

Please feel free to check out the Parent Lesson Plan posted in the Preschool display case!

- Erica Goasland, Preschool Director

Off Site Happenings

Our offsite programs are in full summer swing with some new programs starting at the Bonney Lake Kids Country and Auburn Kids country for school age children. The offsite programs are an extension of Roach Gymnastics through daycares along with park and recreational facilities around the immediate area. Our offsite programs run as far North as the Renton Community Center and as far South as the Sprinker Rec Center.

Looking ahead to the school year, our Puyallup Afterschool gymnastics program will be continuing thanks to Stewart Elementary for letting us use their gym on Wednesdays! We are really excited to grow this program. We are proud to present a unique opportunity to both working and nonworking parents by offering them a safe and fun-filled gymnastics experience on Wednesdays. Thanks to all who make our offsite programs possible, we are looking forward to a great year!

- Emily Groby, Offsite Director



www.roachgymnastics.com

Birthday Parties!

\$250

(non member \$275)

20 kids (\$5 each additional)

1 hour of gymnastics with coaches, 1 hr in party room for cake and presents!

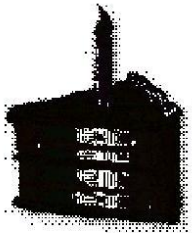
One free Leotard from the pro shop

Balloon Bouquet for the Birthday child and a balloon for each child

Free T-shirt for the Birthday child

All paper products (plates, cups, napkins, and silverware)

Custom ordered cupcakes and juice for the party



\$225

(non member \$245)

20 kids (\$5 each additional)

1.25 hrs of gymnastics with coaches, 45 min in party room for cake and presents!

One free Leotard from the Pro-Shop

Free T-shirt for the Birthday child

Balloon Bouquet for the Birthday child a balloon for each child

Friday Night Fun

\$100

(non member \$125)

10 kids (\$5 each additional)
Up to 15 kids only

1.5 hours of gymnastics with coaches, 1/2 hr in the party room for cake and presents!

***This not a Private party, space is shared with other parties

\$175

(non member \$195)

15 kids (\$5 each additional)

1.5 hours of gymnastics with coaches, 1/2 hr in the party room for cake and presents!

Free T-shirt for the Birthday child!

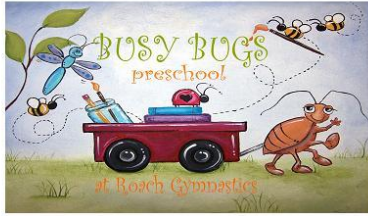
If you are looking for a FUN and ENERGETIC environment to celebrate your child's birthday, Roach Gymnastics and Gymnasticsland is the place to be!

WHAT YOU CAN EXPECT

The gym is yours for your very own PRIVATE birthday party (except Friday Night Fun Party). The first hour we will play games and learn gymnastics. We will make the birthday child the center of attention and allow them to "be the leader" by choosing which event we are going to next.

We will provide a fun and organized gymnastics environment and a great party room. We serve, we write gift lists, and remember WE CLEAN UP!

www.roachgymnastics.com



Busy Bugs Preschool for ages 3-5
(located in Roach Gymnastics)
Monday, Tuesday and Thursday
9:15am-11:45am &
12:15 to 2:45pm

ONLY \$170 per month!

Looking for a fun, interactive, hands-on school for your preschooler? Busy Bugs is the place!
Add a 45 min gymnastics class on Tuesday's for just \$30!

ROACH GYMNASTICS
1627 45th St. E., Bldg. D-103
Sumner, WA 98391



*Come and start the school year
right with Roach Gymnastics!*



DON'T FORGET...

**Free trials for ANY student
that has been gone for
6 months or longer!**

**Would you like to save
some \$\$\$?**

3 MONTH SPECIAL

**If you pay for 3 months in advance
you will receive 10% of your total cost
of your tuition! * Does NOT include Busy Bugs**

www.roachgymnastics.com

**3 month's of Gymnastics FREE
Registration Special**

Register for our September Classes at our Annual BBQ
on August 30th at 5:30-7:30 and be entered in a drawing
for **3 FREE months of Gymnastics classes**
(a \$189 value)

See our new website
www.roachgymnastics.com