

Winter Session Newsletter 2015



Winter Session

Monday, January 26- Saturday, April 4
(9 weeks)

No Classes on Easter Sunday, April 5. Sunday classes will have their last class of the Winter Session on Friday, April 3. More details will be provided at a later time in class and via email.

No Classes or Open Gyms

Saturday, March 14- Friday, March 20
(Classes and open gyms resume on Saturday, March 21)

No K-12 or Advanced Open Gym:
Friday, February 27 and Friday, April 3

Same Website- NEW LOOK!

Our website may look different, but it has the same content as we have always provided! The new version of our site is also more user-friendly when viewing it from a mobile device!

Check out our new look by visiting
www.riverfallsgymnastics.com

Reminder: Last session we updated our email address to info@riverfallsgymnastics.com. Be sure to add it to your contacts to stay up to date on session reminders, registration dates or any cancellations.

spring break camp

Date: Monday, March 16-Thursday, March 19

Time: 9am- Noon

Ages: 3 and up! All levels welcome!

Choose to sign up for our 2-day options or join us for all 4 days! We will enjoy gymnastics, snack (provided by us), games and crafts!

2-day Options

- Monday & Wednesday: \$45
- Tuesday & Thursday: \$45

4 days

- Monday- Thursday: \$80

Register online today at www.riverfallsgymnastics.com
or call 715-425-6007

Spring and Summer Registration

Spring Session Registration: Opens to current families Friday, March 27 and to the public Monday, March 30

Summer Session Registration: Opens to all families Monday, March 30 (no priority registration)

Summer Session will include both daytime and evening classes at our regular class lengths (unlike our longer daytime classes last summer).

We suggest registering your child in the same level you register them in for the Spring Session for the Summer Session. Credit cards will not be charged for Summer Session registration until May 1. If you register after May 1 your credit card will be processed as usual. Check out page 2 of the newsletter for more details on gymnast evaluations and a list of dates to save!

Spring Session: April 6- June 7 (9 weeks) | Summer Session: June 8- August 7 (8 weeks) | Spring and Summer Schedules will be Posted Soon!

Summer Camps: Day Camp (all ages): August 10-14 | Advanced Camp (Int 2 and up): August 17-21

Thank you for sponsoring the River Falls Gymnastics Club!



RIVER FALLS Gymnastics CLUB

Evaluations Updated

As many of you may know gymnasts in levels Tigers through Intermediate 2 receive a formal evaluation near the end of each session (remember, Intermediate 3 gymnasts are able to access their progress online through the customer portal and Boys and Cheer classes do not receive formal evaluations at this time). This session you can anticipate receiving formal evaluations in classes beginning Saturday, March 21 and you may notice a slightly different look!

You may recall different categories within the evaluations for a skill such as, "I need help from my coach" or "Sometimes I can do it alone" that coaches would select when evaluating a gymnast. To make things more consistent amongst coaches and easier for everyone to understand, we have changed the gymnastics skill categories to have two options when evaluating a skill: Still Working or Mastered. In order for the child to advance we are looking for all skills to be marked as "Mastered." With skills that fall in our 'general' section on the evaluations, we are looking for those to be mostly proficient. As always, your coach will indicate on the evaluation the suggested level to register your child in for the upcoming session.

So how do we define Still Working and Mastered?

Still Working: Indicates that the child has been introduced to the skill and is able to perform the skill but still needs help or needs to perfect form (straight legs, pointed toes, etc.).

Mastered: Indicates that the child excels at the performance of the skill while keeping correct form.

Save the Date

Friday, February 27
No K-12 or Advanced Open Gym

March 14-March 20
No Classes or Open Gyms

March 16-March 19
Spring Break Camp!

Friday, March 27
Priority Registration Opens
for Spring Session- Current Winter
Session Families Only!

Monday, March 30
Spring and Summer Session
Registration Opens to the Public

March 30-April 3
Last Week of Winter Session

Friday, April 3
No K-12 or Advanced Open Gym
Make-up for No Classes Sunday, April 5

Monday, April 6
Spring Session Begins

Monday, June 8
Summer Session Begins

It takes the average gymnast the following number of sessions to advance:

- Beginner 1: 4 Sessions
- Beginner 2: 3 Sessions
- Intermediate 1: 3 Sessions
- Intermediate 2: 6 Sessions
- Intermediate 3: 7 Sessions

If you are involved in the Jungle Gym classes (pre-school classes), please follow the age recommendations.

Open Gyms*

- Preschool Open Gym: Fridays 10:30am-11:30am
- K-12 Open Gym: Fridays 6pm-7:30pm
- Advanced Open Gym (Int. 2 & up): Fridays 7:30pm-8:30pm
- All Ages Open Gym: Saturdays Noon-1:30pm

*Open Gyms are subject to change. Check the website calendar to view up to date open gym times and days. No regular open gyms over break March 14-20.

Make-ups

Gymnasts are allowed one make-up per session if space is available in another class. If space is not available then you will receive one free open gym pass. Please contact the office for make-ups.

Office Hours*

- Mondays: 9am-7pm
- Tuesdays: 4pm-7pm
- Wednesdays: 10am-4pm
- Thursdays: 9am-4pm
- Sundays: 3:30pm-7pm

*Office hours are subject to change. Visit our website for the most up to date times.