

2015 SUMMER NEWSLETTER



SUMMER SESSION

**June 8th-August 7th
(8 weeks)**

Training Team and Team Session: June 15th-August 12th

**No RFGC or MMS Classes or Open Gyms:
June 29th-July 5th**

All classes resume Monday, July 6th

All Ages Open Gym

(Ages 18 mos- 18 yrs):

Tuesdays: 12:45pm-2:15pm

Thursdays: 2:45pm-4:15pm

\$5/child

SUMMER CAMPS

Still time to register!

Register online by clicking [HERE](#)

**All Camps will be held at the RFGC Gym and have 2 day,
3 day or 5 day option**

Camp A (All Ages): Aug 10 – Aug 14

- Monkeys (3-4 yrs): 9am – 12pm
- Tigers – Team (5 and up): 9am – 3pm

Camp D (Advanced): Aug 17-21

- Int. 1-Team: 9am – 3pm



The money raised at this year's Extravaganza along with a grant from Allina Health, RFGC was able to purchase an Automatic External Defibrillator. In the event a gymnast or family member is unconscious, not breathing or has no signs of circulation the AED will be in the gym to help keep us safe! The device is located on the wall next to the office counter.

RIVER FALLS DAYS PARADE!

Join us in marching in the parade!

Who: Intermediate 1 through Team Levels

When: Friday, July 10th

Time: Parade line-up at 5pm

Parade line-up details will be provided via email as the event gets closer.

Parent volunteers needed to help walk in the parade and help sell **raffle tickets!**

Parade begins at 6:30pm (Main St. and 2nd St.)

Click here to sign-up to walk in the parade and/or to volunteer or email us! Raffle tickets sold by volunteers at the parade will be included in the monthly drawing to win a leotard!

Fall Session Enrollment begins July 30th

ALL families will be able to enroll for the Fall 1 Session beginning Thursday, July 30th. View our schedule on Page 2 of the newsletter.

Currently enrolled in the Summer Session? Your coach will inform you if your child should advance to the next level or remain in their current level. Please check with your coach before or after class if you have any questions. There will be NO formal evaluations handed out for the Summer Session, with the exception of the Beginner 2 level.

NEW: Beginner 3 Level Coming this Fall Session!

Coming this Fall 1 Session we will have a new level within our program. Beginner 3 will allow us to break up the skill requirements in the level below (Beginner 2) and the level above (Intermediate 1). Starting this summer, gymnasts advancing from the Beginner 2 level will move into the Beginner 3 level. Those previously suggested to advance to Intermediate 1 can still register for Intermediate 1.



Like us on
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gym updates!



River Falls Gymnastics Club Tentative Fall 1 Session 2015

Monday, August 31- Sunday, November 1 {9 weeks}

No Classes: Mon, Sep 7 (Labor Day) Make-up: Fri, Sep 11 (regular class times)

River Falls Gymnastics Club Gym (RFGC Gym N8234 945th St.)

Class Classes meet once per week	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Fee
Koalas (30min) 18 months-2 years old Parent/Child Class	6:10PM	10:00AM		9:15AM	10:20AM		4:20PM	\$72
Monkeys (45 min) 3-4 year olds	4:30PM	10:35AM 5:20PM	6:10PM	9:00AM 5:20PM	9:30AM	9:00AM	3:30PM	\$93
Monkeys 4+ (45 min) 4-5 year olds		4:30PM	4:30PM	6:10PM				\$93
Boys Only (45 min) Boys 4-6 years old		5:20PM					3:00PM	\$93
Tigers (45 min) 5-6 year olds	5:20PM	6:10PM	5:20PM	4:30PM 5:20PM		9:55AM	4:55PM	\$93
Boys Tumbling & Trampoline (55 min) Boys 7-10 years old					5:00PM			\$101
Boys Intermediate (55 min) Boys 6-10 years old Completed at least one session of Boys Tumbling/Trampoline				4:35PM				\$101
Beginner 1 (55 min) Beginners 7 years & up or advanced from Tigers	5:00PM 6:00PM	4:30PM 5:30PM	4:30PM	4:30PM 5:30PM		10:45AM	4:35PM 5:45PM	\$101
Beginner 1 9+ (55min) Beginners 9 years & up			7:00PM					\$101
Beginner 2 (75 min) Advanced from Beg.1	4:30PM 5:55PM	4:45PM	4:45PM	6:30PM		10:45AM	4:55PM 5:30PM	\$109
Beginner 3 (75 min) Advanced from Beg.2		6:05PM						\$109
Intermediate 1 (90 min) Advanced from Beg. 3	4:45PM	6:05PM	5:30PM	4:25PM		9:00AM	5:35PM	\$130
Intermediate 2 (90 min) Advanced from Int.1		4:30PM	4:30PM 6:10PM	5:35PM	4:30PM Add on class (attend twice/week) \$66		3:00PM 4:00PM	\$130
Intermediate 3 (2 hrs) Invitation Only		5:30PM	5:30PM			9:50AM Add on class (attend twice/week) \$71	3:50PM	\$145
Training Team (2hrs twice per week, invite only) Monthly Payment Option Available.	6:00PM			6:00PM				\$216

RFGC GYM OPEN GYMS: THURSDAYS PRE-K: 10AM-11AM, **FRIDAYS** K-12: 6-7:30PM. **SATURDAYS** ALL AGES 12-1:30PM. OPEN GYMS \$5/CHILD. PRE-REGISTRATION NOT REQUIRED. OPEN TO THE PUBLIC! No K-12 Open Gym on Friday, September 11. CHECK THE CALENDAR ONLINE FOR ANY OPEN GYM CANCELLATIONS.

Meyer Middle School Gym (MMS Gym 230 N 9th St.) TEAM will follow schedule provided by their coach.

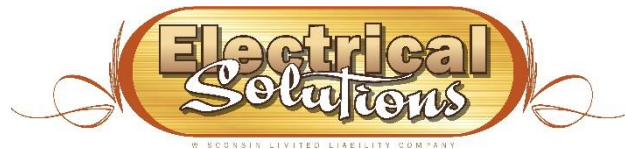
Team (2.5 hrs twice per week, invite only)	6:00PM			6:00PM				Payment Agreement Required
Team Optional Practice (2 hrs once per week. Class not required. Class meets 8xs)		6:00PM						TBD

Registration begins JULY 30! Visit www.riverfallsgymnastics.com or call 715-425-6007 to register.

Thank you to our sponsors!



A Natural Way To Heal



River Falls High School Gymnastics Parent Booster Club



Valley Orthodontics

Contact emily.page@riverfallsgymnastics.com if your business is interested in sponsorship.