



# LAKESHORE NEWSLETTER



October 2018

701 Beta Drive Unit 25 Mayfield Village, Ohio 44143

Phone number: 440-461-0015

Email: [lakeshore@lakeshoregym.com](mailto:lakeshore@lakeshoregym.com) Facebook: [LakeshoreDanceandGymnastics](https://www.facebook.com/LakeshoreDanceandGymnastics) Website: [www.lakeshoregym.com](http://www.lakeshoregym.com)



## HALLOWEEN PARTY WEEK

Held on the day of the week,  
your child has class.

**Wed. Oct. 24th through Tues. Oct. 30th**

Wear a costume and bring a treat to share.  
(Wear something that you can do class in)

Please no scary costumes (our teachers frighten easily)!

We will exchange treats at the end of class  
Healthier treats are always encouraged!

**No cookies or cup cakes please.**

Let your teacher know if your child has an allergy before  
treats are distributed.

***On Halloween Wed. Oct. 31st***  
***all classes that start after 5:00pm***  
***ARE CANCELLED.***

*Recreational classes, should schedule a make up.*  
*We have tried having classes on Halloween in the past*  
*and have had low or no attendance.*  
*We apologize for the inconvenience.*

### PARKING LOT INSTRUCTIONS AND FLOW

- Please do not idle in front of the door, park in a spot if waiting to pick up your child.
- Please walk your child in and out of the building .
- Our building is the shape of a U. If you are towards the end of the parking lot - travel around the back of the building and there is another exit.
- If you are going to be late picking up your child, they can sit in the office until you arrive. Please call us and let us know. We do not let the student stay unattended.
- Students should not be standing in the parking lot waiting to be picked up.

THANK YOU

### APPLICATIONS TAKEN

- If you have previous experience in coaching please come to the office and fill out an application.
- Please refrain from coaching your child from the sidelines or bleachers

Thanks

### STUDENT SAFETY

- If your child is not in class, they should not be left in the building unattended.
- Students are not allowed on the gym equipment or in the dance room, without an instructor

Thank you

## RECREATIONAL GYMNASTICS PROGRESS REPORTS:

We are constantly evaluating our students skill level, we formally write up progress reports every 6 to 8 weeks, this helps both student and parent see what areas the athlete is progressing in and what areas can be improved. MOST students spend at least 1-year in a level before moving up to the next level. Gymnastics can be safe and benefit a child's confidence and physical fitness when they work at the proper level. Working skills at a level they are not ready for can lead to injury and poor self esteem.

### PROGRESS REPORT NUMBERED SCORING SYSTEM

*1 through 5, with 5 being the highest.* Athlete needs mostly 5's to progress to the next level, we post the results on the wall by the water fountain.

- 1: Not ready to perform skill yet. Needs more time to develop.
- 2: Needs more strength/flexibility, not ready to perform skill yet.
- 3: Starting to get the skill, still work to be done.
- 4: Has skill, but is inconsistent or needs better form.
- 5: Has skill consistently and with good form.

Any questions please ask your instructor or call the office.



### **...REMINDERS...**

- Tuition is due by the 7th of each month. We will send an email statement as a reminder. We also offer autopay and can automatically charge your card each month, call the office today to set it up 440-461-0015.
- We do NOT close for every holiday, but do close for some. Our payment schedule is online [www.Lakeshoregym.com](http://www.Lakeshoregym.com) It shows dates the gym is closed and our monthly breakdown of payments
- We sent out a Welcome email. If you have not received one check with the office.

### **...Make-up Classes**

- We encourage students to stay home and rest when they are sick. We offer make-up classes for that reason
- We allow 2 students to attend per class, per day to make-up. Call in and schedule a make-up on our make-up board.

Thanks