

Fall 2 Session Newsletter



Fall 2 Session

November 2, 2015-January 24, 2016

9 weeks

No Classes or Regular Open Gyms

Monday, Nov 23rd -Sunday, Nov 29th

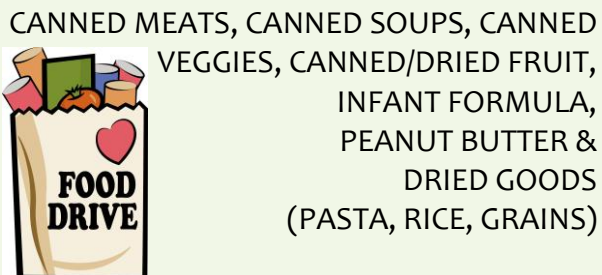
Monday, Dec 21st -Sunday, Jan 3rd

LET'S GIVE THANKS!

Please join us in supporting the City of River Falls Community Food Pantry this Thanksgiving!

Bring Donation Items to the RFGC Gym
NOVEMBER 2ND – NOVEMBER 20TH

Items Needed:



CANNED MEATS, CANNED SOUPS, CANNED VEGGIES, CANNED/DRIED FRUIT, INFANT FORMULA, PEANUT BUTTER & DRIED GOODS (PASTA, RICE, GRAINS)

MAGICAL MONDAYS ARE BACK!

Magical Mondays in December are for children 3-5 years old. Join us for gymnastics, games, snack and crafts!

December 7th: Flip Like Frosty

December 14th: Jingle Bell Rock

December 21st: Holiday Dance Party

Register for more than one and receive \$3 off each additional Magical Monday!

Time: 9:30am-11:30am

Price: \$15 per child per date

Open to the Public- Invite your Friends! **Register online or with the office starting November 12th!**



Holiday Gift Ideas

Apparel Orders: RFGC apparel is a great Holiday present for your gymnast! Make sure to submit your completed order form to the gym by **Sunday, Nov 22nd** for it to be ready for the holidays. Order forms will be available to download online and handed out in class soon!

Resilite Gymnastics Equipment: Pick up a Resilite brochure on our front counter for more great gift ideas! Orders are **due by Dec 2nd**. As we are a non-profit you do not need to include sales tax with your order.

Butter Braid Fundraiser Update

Thank you to all the RFGC families and friends who supported our Butter Braid fundraiser!

We raised over **\$8,900** toward our new building fund!





Thank you for sponsoring the River Falls Gymnastics Club!

Substitutes and Gymnast Evaluations

Fall 2 Coaches Reminder: The holiday season is upon us! With that, we have many breaks to allow for gymnasts and coaches to enjoy time with their family. In addition to the scheduled breaks, we appreciate your understanding when we have to substitute coaches when necessary.

Evaluation Notice: Similar to our evaluation process we provided this past summer- during the Fall 2 session coaches instructing levels Tigers and higher will provide a simple recommendation of what class they suggest you sign your gymnast up for the Winter Session. Formal evaluations with detailed information will not be handed out. **Please feel free to talk to your coach or the office staff with questions or concerns throughout the session on your child's progress.** Formal evaluations are planned to be distributed the Winter Session.

Open Gyms

Open Gyms are open to the public (completed liability form required to participate) and are only \$5 per child. Purchase 5 open gyms and get the 6th free! Children 4 and under must be accompanied by an adult.

Fall 2 Open Gyms:

- † **Preschool Open Gym (18 months-5 yrs):** Thursdays 10:30am-11:30am
Purchase a PreK open gym punch card in November for only \$15! Regularly \$20.
- † **K-12 Open Gym (K-12th grade):** Fridays 6pm-7:30pm (**NO OPEN GYM DEC 4TH**)
- † **All Ages Open Gym (18 months-18 yrs):** 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 breaks.** Check out our special open gym times:

Open Gyms over Breaks

All Ages Welcome!
Located at RFGC Gym

- ❖ Wednesday, Nov 25th: 10am-11:30am
- ❖ Monday, Dec 21st: 5pm-6:30pm

Gym Wide Discipline Policy

At RFGC, our coaches and staff will do our best to redirect and guide children within class to participate in a safe and fun way. To ensure that safety is the top priority and that all children are able to enjoy our class environment- if a child's behavior in class is unsafe or significantly distracting, we may pursue the following steps:

- 1) Verbal Warning
- 2) Energy Seat (time out) or make them a teacher buddy
- 3) Talk to Parent/Guardian

Save the Date

Sunday, November 22

Apparel Orders Due

November 23-November 29

No Classes

December 2

Resilite Equipment Orders Due

December 21-January 3

No Classes

Friday, January 15

PRIORITY REGISTRATION FOR WINTER SESSION BEGINS

Sunday, January 17

RFGC Hosts Invite at RFHS

Monday, January 18

Winter Session Registration Opens to the Public

January 18-24

Last Week of Fall 2 Session

Monday, January 25

Winter Session Begins

Inclement Weather: If the River Falls Gymnastics Club is closed and classes are cancelled due to inclement weather, families will be notified via email, it will be on our voicemail system and posted on the website.

The River Falls Gymnastics will NOT follow the closings of the surrounding school districts but such closings will be taken into consideration.

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!



Remember to find us on Facebook, LIKE us and our posts to catch reminders and updates on your newsfeed!