

Spring Session Newsletter 2021



Spring Session

9 weeks

Monday last day: June 7th

Tuesday last day: June 8th

Wednesday last day: June 9th

Thursday last day: June 10th

Friday last day: June 18th (Friday Morning Classes Last Day June 11th)

Saturday last day: June 19th

Sunday last day: June 20th

No Classes

Friday, May 28th-Sunday, May 30th

Morning Classes on May 28th will be held as normal (no classes after 12pm on May 28th). Classes on Monday, May 31st will be held as normal.

SAVE THE DATE: EXTRAVAGANZA WEEK AT RFGC!

No regular classes Sunday, May 16th- Saturday, May 22nd

SEE ALL THINGS EXTRAVAGANZA WEEK ON PAGES 3-6



2021 Spring Show Carnival Extravaganza Week!

Date: **Sunday, May 16th - Saturday, May 22nd**

Location: **River Falls Gymnastics Club**

2021 Carnival Extravaganza!

Please join us *Under the Big Top* for our Carnival Extravaganza! We are very excited to host this event for the first time in our very own gym! This Spring Show provides an opportunity for ALL levels to show off their hard work this past year to their family.

Children will be learning a dance in class to perform at their show and will have a chance to perform on other events as well.

Like many things this year, the 2021 Spring Show will look a little different from past years. We will be having the performances throughout the whole week during a 30 minute time slot for each class. This will allow for a more intimate setting and help keep capacity levels low.

Learn more on page 3-6 of the newsletter!



Like us on Facebook for gym updates!

Summer Session

REGISTRATION NOW AVAILABLE!

Summer session will include both daytime and evening options. We suggest registering your child in the same level you registered them in for the spring session for the summer session.

Summer Session: June 14-August 20 (9 wks)
No classes July 5-9

Summer Camp: Aug 23-27

Save the Date

Wednesday, April 28
Extravaganza T-shirts Orders Due

Sunday, May 16-Saturday, May 22
No Regular Classes 5/16-5/22. Refer to page 4-6 of the newsletter for your class Extravaganza show time at RFGC!

***Friday, May 28-Sunday, May 30**
Morning Classes on 5/28 will be held as normal (no classes after 12pm on 5/28)

Monday, May 31
Classes will be held as normal on Memorial Day

SPRING LAST DAYS: MONDAYS 6/7, TUESDAYS 6/8, WEDNESDAYS 6/9, THURSDAYS 6/10, FRIDAYS 6/18 (MORNING FRIDAY 6/11), SATURDAYS 6/19, SUNDAYS 6/20

Monday, June 14
Summer Session Begins

August 23-27
All Ages RFGC Camp

Watch for Fall 1 Registration over the Summer Session. There is no priority registration for Fall 1 and registration will open to all families on the same date.

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WORLD CHAMPION SPONSORS



NATIONAL CHAMPION SPONSORS



Covid-19 Reminder

Please do not attend RFGC if you or your child has been tested for Covid-19 and is waiting for results, you or your child has tested positive for COVID-19, or if you have been notified that your child was in close contact with an individual who tested positive for COVID-19. In addition, no one should attend RFGC if they are showing ANY of the following symptoms:

- Fever over 99.5°F
- Cough
- Congestion or runny nose
- Sore throat
- Shortness of breath
- Diarrhea
- Nausea or vomiting
- Fatigue
- Headache
- Body Aches
- New loss of taste and/or smell or loss of appetite

We are Hiring!

Know someone that would make a great gymnastics coach? Please pass along our information as we are accepting applications. We also offer discounts on classes to staff members!

Application available online: <http://www.riverfallsgymnastics.com/employment-opportunities.html>

RIVER FALLS GYMNASTICS CLUB

Carnival

2021 EXTRAVAGANZA

Sunday, May 16th- Saturday, May 22nd

Show Times

See PAGE 4-6 and find your regular class to find your Extravaganza show time!

There will be NO regular classes 5/16-5/22.

T-SHIRTS MUST BE ORDERED ONLINE

Please use the following link to order your t-shirt! T-shirt orders are due: WEDNESDAY, APRIL 28TH

PLEASE NOTE: ENTER YOUR CHILD (REN)'S NAME(S) IN THE "NOTES" SECTION AT CHECKOUT

river-falls-gymnastics-club.square.site

Fees & Spectators

There is no charge to participate and no charge for spectators.

Participant: FREE!

Spectators: FREE! Limit 4 spectators per participant.

T-shirts: \$15

Each participant can have up to 4 spectators attend the show. Spectators are asked to wear a mask, wash or sanitize their hands upon arrival, and stay socially distant from those not in their group.

The parent/guardian that joins the Koala and Monkey participants in their regular class will join the participant in the show as well (and does not count toward the spectator limit).

Attire

You may order an Extravaganza t-shirt for your child to wear or we ask that your child wear his or her own black t-shirt or leotard. Children may wear a leotard underneath their t-shirt and comfortable bottoms of their choice.

T-shirt- Price: \$15

Orders Due: Wednesday, April 28th

T-shirts will be distributed the day of your show at your show time. **Please do not come any earlier than your show time.**

Order your t-shirt here: river-falls-gymnastics-club.square.site

Extravaganza T-shirt Design and Colors!

| Classes | Print Color |
|--|------------------------------|
| | Shirts will be charcoal gray |
| Koalas, Monkeys | Lime Green |
| Monkeys 4+, Tigers | Lemon Yellow |
| Twirl & Tumble, Int 2 | Neon Violet |
| Beg 1 (Beg 1-2 class), Int 1 | Fluorescent Red |
| Beg 2, Pre Team (Firecrackers & Sparklers) | Orange |
| Beg 3, Int 3 (Int 2-3 class) | Bright Blue |
| Boys Only, Boys TT, Boys Int | Aquamarine |
| Special Olympics, Team 1-3 | Magenta |



| NO REGULAR CLASSES THE WEEK OF SUN, MAY 16- SAT, MAY 22 | | | | | EXTRAVAGANZA WEEK! | | |
|---|------|------------|----------|-------------|--------------------|-----------------|---------------|
| Regular Class | Days | Start Time | End Time | Instructors | Show Date | Show Start Time | Show End Time |

| | | | | | | | |
|-----------------------------|----|----------|----------|-------------------------|-------------------|----------|----------|
| Beginner 3 | Su | 12:20 PM | 1:35 PM | Elizabeth M., Sophia J. | Sunday, May 16 | 12:20 PM | 12:50 PM |
| -Tigers | Su | 12:50 PM | 1:35 PM | Madeline S. | Sunday, May 16 | 1:05 PM | 1:35 PM |
| Beginner 1 | Su | 1:40 PM | 2:35 PM | Sophia J. | Sunday, May 16 | 1:40 PM | 2:10 PM |
| Beginner 2 | Su | 1:45 PM | 3:00 PM | Madeline S. | Sunday, May 16 | 1:40 PM | 2:10 PM |
| Intermediate 1 | Su | 1:50 PM | 3:20 PM | Elizabeth M. | Sunday, May 16 | 2:25 PM | 2:55 PM |
| -Monkeys (Parent/Child) | Su | 3:10 PM | 3:55 PM | Madeline S. | Sunday, May 16 | 3:10 PM | 3:40 PM |
| Beginner 3 | Su | 2:45 PM | 4:00 PM | Sophia J. | Sunday, May 16 | 2:25 PM | 2:55 PM |
| -Koalas (Parent/Child) | Su | 4:05 PM | 4:35 PM | Madeline S. | Sunday, May 16 | 3:50 PM | 4:20 PM |
| Beginner 1 | Su | 4:10 PM | 5:05 PM | Sophia J. | Sunday, May 16 | 4:30 PM | 5:00 PM |
| -Tigers | Su | 5:15 PM | 6:00 PM | Sophia J. | Sunday, May 16 | 5:15 PM | 5:45 PM |
| Beginner 2 | Su | 5:00 PM | 6:15 PM | Madeline S. | Sunday, May 16 | 4:30 PM | 5:00 PM |
| -Monkeys (Parent/Child) | M | 3:35 PM | 4:20 PM | Aileen V. | Monday, May 17 | 3:45 PM | 4:15 PM |
| -Tigers | M | 4:25 PM | 5:10 PM | Emily K. | Monday, May 17 | 4:20 PM | 4:50 PM |
| Intermediate 2 | M | 4:30 PM | 6:00 PM | Aileen V. | Monday, May 17 | 5:30 PM | 6:00 PM |
| -Monkeys (Parent/Child) | M | 5:15 PM | 6:00 PM | Emily K. | Monday, May 17 | 4:55 PM | 5:25 PM |
| -Koalas (Parent/Child) | M | 6:10 PM | 6:40 PM | Emily K. | Monday, May 17 | 6:10 PM | 6:40 PM |
| -Tigers | M | 6:45 PM | 7:30 PM | Emily K. | Monday, May 17 | 6:55 PM | 7:25 PM |
| -Tigers | Tu | 10:00 AM | 10:45 AM | Aileen V. | Tuesday, May 18 | 10:15 AM | 10:45 AM |
| -Monkeys (Parent/Child) | Tu | 10:55 AM | 11:40 AM | Aileen V. | Tuesday, May 18 | 11:05 AM | 11:35 AM |
| Beginner 1-2 | Tu | 2:30 PM | 3:45 PM | Rochelle J. | Tuesday, May 18 | 2:45 PM | 3:15 PM |
| Special Olympics | Tu | 4:00 PM | 4:45 PM | Julie B. | Tuesday, May 18 | 3:55 PM | 4:25 PM |
| Beginner 2 | Tu | 3:55 PM | 5:10 PM | Rochelle J. | Tuesday, May 18 | 6:40 PM | 7:10 PM |
| -Tigers | Tu | 4:30 PM | 5:15 PM | Rylee S. | Tuesday, May 18 | 4:40 PM | 5:10 PM |
| Beginner 1 | Tu | 4:55 PM | 5:50 PM | Emily K. | Tuesday, May 18 | 5:50 PM | 6:20 PM |
| Intermediate 2 | Tu | 4:00 PM | 6:00 PM | Aileen V. | Tuesday, May 18 | 7:25 PM | 7:55 PM |
| Intermediate 3- Invite Only | Tu | 4:00 PM | 6:00 PM | Aileen V. | Tuesday, May 18 | 7:25 PM | 7:55 PM |
| -Monkeys (Parent/Child) | Tu | 5:25 PM | 6:10 PM | Rylee S. | Tuesday, May 18 | 5:20 PM | 5:50 PM |
| Beginner 1 | Tu | 5:20 PM | 6:15 PM | Rochelle J. | Tuesday, May 18 | 5:50 PM | 6:20 PM |
| -Koalas (Parent/Child) | Tu | 6:20 PM | 6:50 PM | Rylee S. | Tuesday, May 18 | 6:30 PM | 7:00 PM |
| Intermediate 1 | Tu | 6:25 PM | 7:55 PM | Rochelle J. | Tuesday, May 18 | 6:40 PM | 7:10 PM |
| Intermediate 3- Invite Only | Tu | 6:00 PM | 8:00 PM | Emily K. | Tuesday, May 18 | 7:25 PM | 7:55 PM |
| -Monkeys 4+ | W | 9:05 AM | 9:50 AM | Aileen V. | Wednesday, May 19 | 9:20 AM | 9:50 AM |

| NO REGULAR CLASSES THE WEEK OF SUN, MAY 16- SAT, MAY 22 | | | | | EXTRAVAGANZA WEEK! | | |
|---|---------|--------------------|--------------------|---------------------|--------------------|-----------------|---------------|
| Regular Class | Days | Start Time | End Time | Instructors | Show Date | Show Start Time | Show End Time |
| -Monkeys (Parent/Child) | W | 10:00 AM | 10:45 AM | Aileen V. | Wednesday, May 19 | 10:10 AM | 10:40 AM |
| -Koalas (Parent/Child) | W | 10:55 AM | 11:25 AM | Aileen V. | Wednesday, May 19 | 11:00 AM | 11:30 AM |
| -Twirl & Tumble | W | 4:05 PM | 4:50 PM | Rochelle J. | Wednesday, May 19 | 4:00 PM | 4:30 PM |
| Beginner 3 | W | 4:15 PM | 5:30 PM | Elizabeth M. | Wednesday, May 19 | 4:35 PM | 5:05 PM |
| -Monkeys 4+ | W | 4:55 PM | 5:40 PM | Eva M. | Wednesday, May 19 | 4:50 PM | 5:20 PM |
| -Boys Tumbling/Trampoline | W | 5:00 PM | 5:55 PM | Rochelle J. | Wednesday, May 19 | 5:25 PM | 5:55 PM |
| -Koalas (Parent/Child) | W | 5:50 PM | 6:20 PM | Eva M. | Wednesday, May 19 | 6:00 PM | 6:30 PM |
| Intermediate 2 | W | 5:00 PM | 6:30 PM | Kendra M. | Wednesday, May 19 | 7:35 PM | 8:05 PM |
| Beginner 1 | W | 5:40 PM | 6:35 PM | Elizabeth M. | Wednesday, May 19 | 6:15 PM | 6:45 PM |
| -Boys Intermediate | W | 6:05 PM | 7:00 PM | Rochelle J. | Wednesday, May 19 | 5:25 PM | 5:55 PM |
| -Tigers | W | 7:05 PM | 7:50 PM | Rochelle J. | Wednesday, May 19 | 6:50 PM | 7:20 PM |
| Intermediate 2 | W | 6:30 PM | 8:00 PM | Eva M. | Wednesday, May 19 | 7:35 PM | 8:05 PM |
| Beginner 2 | W | 6:45 PM | 8:00 PM | Elizabeth M. | Wednesday, May 19 | 6:15 PM | 6:45 PM |
| PreTeam (Int 3 Competitive) | W Sa | 4:00 PM 10:30AM | 6:00 PM 12:30PM | Emily K., Aileen V. | Thursday, May 20 | 5:15 PM | 5:45 PM |
| -Monkeys (Parent/Child) | Th | 9:20 AM | 10:05 AM | Elizabeth M. | Thursday, May 20 | 9:30 AM | 10:00 AM |
| -Koalas (Parent/Child) | Th | 10:15 AM | 10:45 AM | Elizabeth M. | Thursday, May 20 | 10:15 AM | 10:45 AM |
| -Tigers | Th | 10:55 AM | 11:40 AM | Elizabeth M. | Thursday, May 20 | 11:00 AM | 11:30 AM |
| Beginner 2 | Th | 3:55 PM | 5:10 PM | Rochelle J. | Thursday, May 20 | 4:30 PM | 5:00 PM |
| PreTeam (8 years old & under) | Th | 4:10 PM | 6:10 PM | Aileen V. | Thursday, May 20 | 5:15 PM | 5:45 PM |
| Beginner 1 | Th | 5:15 PM | 6:10 PM | Rochelle J. | Thursday, May 20 | 4:30 PM | 5:00 PM |
| -Tigers | Th | 6:15 PM | 7:00 PM | Rochelle J. | Thursday, May 20 | 6:30 PM | 7:00 PM |
| -Monkeys (Parent/Child) | F | 9:45 AM | 10:30 AM | Aileen V. | Friday, May 21 | 9:40 AM | 10:10 AM |
| -Koalas (Parent/Child) | F | 10:00 AM | 10:30 AM | Elizabeth M. | Friday, May 21 | 10:15 AM | 10:45 AM |
| Intermediate 2- Intermediate 3 | F | 1:45 PM | 3:15 PM | Aileen V. | Friday, May 21 | 2:00 PM | 2:30 PM |
| Beginner 1 | F | 3:05 PM | 4:00 PM | Emily K. | Friday, May 21 | 3:05 PM | 3:35 PM |
| -Boys Only | F | 3:15 PM | 4:00 PM | Rochelle J. | Friday, May 21 | 3:40 PM | 4:10 PM |
| Beginner 3 | F | 2:50 PM | 4:05 PM | Elizabeth M. | Friday, May 21 | 3:05 PM | 3:35 PM |
| -Monkeys (Parent/Child) | F | 4:10 PM | 4:55 PM | Emily K. | Friday, May 21 | 4:15 PM | 4:45 PM |
| Beginner 1 | F | 4:10 PM | 5:05 PM | Rochelle J. | Friday, May 21 | 5:35 PM | 6:05 PM |
| Intermediate 1 | F | 4:15 PM | 5:45 PM | Elizabeth M. | Friday, May 21 | 6:20 PM | 6:50 PM |
| -Tigers | F | 5:05 PM | 5:50 PM | Emily K. | Friday, May 21 | 5:00 PM | 5:30 PM |
| Beginner 2 | F | 5:15 PM | 6:30 PM | Rochelle J. | Friday, May 21 | 5:35 PM | 6:05 PM |

| NO REGULAR CLASSES THE WEEK OF SUN, MAY 16- SAT, MAY 22 | | | | | EXTRAVAGANZA WEEK! | | |
|---|------|------------|----------|------------------------|------------------------------|-----------------|---------------|
| Regular Class | Days | Start Time | End Time | Instructors | Show Date | Show Start Time | Show End Time |
| Beginner 3 | F | 6:00 PM | 7:15 PM | Elizabeth M. | Friday, May 21 | 6:20 PM | 6:50 PM |
| Beginner 1 | F | 6:40 PM | 7:35 PM | Rochelle J. | Friday, May 21 | 7:05 PM | 7:35 PM |
| Intermediate 1 | Sa | 8:30 AM | 10:00 AM | Rochelle J. | Saturday, May 22 | 8:30 AM | 9:00 AM |
| -Monkeys (Parent/Child) | Sa | 9:15 AM | 10:00 AM | Madeline S. | Saturday, May 22 | 9:15 AM | 9:45 AM |
| Intermediate 2 | Sa | 8:45 AM | 10:15 AM | Aileen V. | Saturday, May 22 | 8:30 AM | 9:00 AM |
| -Koalas (Parent/Child) | Sa | 10:10 AM | 10:40 AM | Madeline S. | Saturday, May 22 | 9:50 AM | 10:20 AM |
| Beginner 2 | Sa | 10:10 AM | 11:25 AM | Rochelle J. | Saturday, May 22 | 11:05 AM | 11:35 AM |
| -Monkeys (Parent/Child) | Sa | 10:45 AM | 11:30 AM | Madeline S. | Saturday, May 22 | 10:25 AM | 10:55 AM |
| Beginner 3 | Sa | 11:35 AM | 12:50 PM | Rochelle J. | Saturday, May 22 | 11:50 AM | 12:20 PM |
| Beginner 2 | Sa | 11:40 AM | 12:55 PM | Madeline S. | Saturday, May 22 | 11:05 AM | 11:35 AM |
| -Tigers | Sa | 12:20 PM | 1:05 PM | Jane B. | Saturday, May 22 | 12:35 PM | 1:05 PM |
| -Tigers | Sa | 1:10 PM | 1:55 PM | Rochelle J. | Saturday, May 22 | 1:10 PM | 1:40 PM |
| Beginner 1 | Sa | 1:15 PM | 2:10 PM | Jane B. | Saturday, May 22 | 11:50 AM | 12:20 PM |
| Team 1-3 | M/Th | 6:15 PM | 8:45 PM | Debbie, Aileen, Bailey | Regular practice 5/17 & 5/20 | Show | TBD |