

Fall 2 Newsletter 2023-2024



Fall 2 Session

November 8, 2023- January 28, 2024

No Classes

Wednesday, November 22- Sunday, November 26
Sunday, December 24- Friday, January 5
Saturday, January 13- Sunday, January 14

Check our website for Open Gyms over the Holiday Breaks!

Jungle Gym & Adapted Extravaganza: Week of Monday, January 22-Sunday, January 28 during your regular class time.

Beg 1 and up Extravaganza: Saturday, January 13 at the River Falls High School at 5 pm (arrival 4:30 pm).



Please join us for our 2024 Extravaganza! This show provides an opportunity for all levels to show off their hard work to their family and friends. In place of our Spring Extravaganza, we are planning our annual show for the first time this winter as part of our Fall 2 Session. The Jan 13-14 weekend will be filled with gymnastics at River Falls High School! The River Falls High School gymnastics team hosts a meet during the day on Saturday, January 13, we will follow that with our Extravaganza at 5 pm. Then, on Sunday, January 14 our RFGC Team will host their meet.

Like last year, we will have our Jungle Gym classes & Adapted group (see list on PAGE 3) perform during their regular class day and time. For levels Beg 1 and up we will have a performance at the River Falls High School!

Learn more on page 3 of the newsletter!

FOOD PANTRY DONATIONS

Please join us in supporting the River Falls Food Pantry this season. We will be collecting items now until Dec 9.

Items to Donate:

- Meal kits that include all the ingredients
- Pancake or muffin mix that only requires water
- Canned soups, pasta, and meat
- Baking supplies (flour, sugar, oil, shortening, baking soda/powder, vanilla extract)
- Seasonings of all kinds (garlic, pepper, salt, chili powder)
- Rice and beans
- Cereal
- Feminine hygiene products

WINTER MITTEN & HAT DRIVE

Please join us in supporting Our Neighbors Place this season. We will be collecting items now until Dec 9. Donation boxes are in our lobby.



- ### Items to Donate:
- Hats/Headbands
 - Mittens/Gloves
 - Scarves/Face Masks

Questions? Please check with Coach Rochelle!

Reminders

Absences: If you know that you will miss a class in advance, please login to your parent portal to submit your absence. Follow the steps [HERE](#) to submit an absence. We are not currently offering make-ups, but it helps our coaches plan for their lessons.

Inclement Weather: If the River Falls Gymnastics Club is closed and classes are canceled due to inclement weather, families will be notified via email, it will be on our voicemail system and posted on the website. We do not follow school closures but do consider them when making a closure decision.

Fall 2 Coaches Reminder: The holiday season is upon us! With that, we have many breaks to allow gymnasts and coaches to enjoy time with their families. In addition to the scheduled breaks, we appreciate your understanding when we must substitute coaches when necessary. Please note, that many instructors have substitutes scheduled in January.

Skill Evaluations- What do you sign up for next? During the Fall 2 Session, we do not provide formal skill evaluations on your parent portal. Please plan to register your child for the same level for the Winter Session as you are currently enrolled in the Fall 2 Session. Your coach will inform you if your child should advance to the next level. If your coach does not, please register for the same level. Jungle Gym (preschool) classes should follow the age recommendation associated with the class level.

HOLIDAY APPAREL



order



Our annual holiday apparel order is here!

Orders are due November 27.

When orders are ready families will pick up items at RFGC. Orders will be ready before Christmas.

<https://rivercitystitch.com/collections/river-falls-gymnastics-club>

SAVE THE DATE

November 22 –November 26

NO CLASSES

Happy Thanksgiving!

Monday, November 27

Holiday Apparel Orders Due

Wednesday, December 20

Extravaganza T-shirts and Ticket Orders Due

December 24-January 5

NO CLASSES

Merry Christmas & Happy New Year!

January 13- January 14

NO CLASSES

Saturday, January 13

Extravaganza for Beg 1 & up. River Falls High School 5 pm

Thursday, January 18

Priority Registration for Winter Session Begins Online at 9:00 am

Monday, January 22

Winter Session Registration Opens to the Public Online at 9:00 am

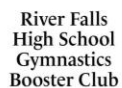
January 22-January 28

LAST WEEK OF FALL 2 SESSION & JG and Adapted Extravaganza during regular class times.

Monday, January 29

Winter Session Begins

THANK YOU
to our Sponsors for Supporting
The River Falls Gymnastics Club!



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RIVER FALLS GYMNASTICS CLUB

Winter Wonderland

2024 EXTRAVAGANZA



JUNGLE GYM & ADAPTED SHOWS FEES & SPECTATORS

There is no charge to participate and no charge for spectators for the Jungle Gym & Adapted shows.

Participant: FREE!

T-shirts: \$15

The parent/guardian that joins the Koala and Monkey participants in their regular class will join the participant in the show as well.

JUNGLE GYM & ADAPTED SHOWS

Mon, Jan 22- Sun, Jan 28

During Regular Class Days and Time

If you are enrolled in the following class levels, you will do your show in class at your regular class day and time Jan 22-Jan 28.

- Movement, Melody, and Me
- Koalas (Parent/Child)
- Monkeys (Parent/Child)
- Monkeys 4+
- Tigers
- Boys Only
- Twirl & Tumble
- Twirl & Tumble 5+
- Adapted

SHOW ON JAN 13 AT RIVER FALLS HIGH SCHOOL

ADMISSIONS

TICKETS MUST BE ORDERED ONLINE BY DEC 20

river-falls-gymnastics-club.square.site

Adults: \$7

Children (ages 5-18): \$3

Children 4 and under: FREE

Participant: FREE

Ticket orders will be available for pick up on the day of the show. Please come no earlier than 4:30 pm.

LEVELS INCLUDED IN THE JAN 13 SHOW

Show starts at 5 pm at River Falls High School

Arrive at 4:30 pm

- Beginner 1
- Beginner 2
- Beginner 3
- Beginner Level Home School, Intermediate Level Home School
- Intermediate 1
- Intermediate 2
- Intermediate 3
- Pre Team Firecrackers and Pre Team Sparklers
- Boys Basics, Boys Homeschool, Boys Tumbling and Trampoline
- Boys Intermediate

ATTIRE

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

T-Shirt Price: \$15

T-Shirt Orders Due: December 20



T-shirts will be distributed on the day of your show. Please come no earlier than 4:30 pm. Jungle Gym and Adapted t-shirts will be available for pickup during class Jan 22-Jan 28.

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

T-SHIRTS & TICKETS MUST BE ORDERED ONLINE

Please use the following link to order your t-shirt **and** tickets!

Orders Due December 20

river-falls-gymnastics-club.square.site