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## Welcome to the 2009-2010 Season

### POWERFUL WORD = COURAGE

*This month we will focus on the character concept, "courage." Our power-chat discussions and worksheet will aim to help children understand what it means to face challenges with determination as well as to help them explore individual fears and how to overcome them. We want our students to learn when to power through their fears and take healthy risks in order to what's right and what's necessary.*

*While many children might believe so, courage doesn't mean "not being scared." In fact, as parents and*

*mentors, it's important that we let children know that everyone gets scared sometimes. Even heroes get scared! It's how we cope with those fears in the face of challenges that dictates our level of courage.*

*Obviously there are reasons why we get scared. Some of those reasons are protective. We're scared because fear can keep us safe. Other times fears emerge from our imagination. We worry about what might happen-- even if it's unlikely. These are the times that courage lends a hand.*

*We need courage to try new things and meet new people. We need courage to stand up for our values and what we believe is right. We also need courage to move forward towards realizing our goals. All we need to do is calm ourselves down so we can make good choices!*

*As always, one of the best ways to reinforce POWerful Words is by modeling strength of character ourselves. Share with your children all the ways you show courage each day and show them what a bravery looks like!*

*-Dr. Robyn Silverman*

At "Friday Night Open Gym" kids will have access to the gym and fitness center under proper supervision. They can participate in activities such as building forts, obstacle courses, jumping in the inflatable bouncer and playing on our 30 foot Tumble Trak. They can also climb the rock wall if tennis shoes are worn. Participation is for ages 5 years and above. You do not need to be a current member of American Allstars to attend., but a registration form **MUST** be on file. **Join us for only \$15!! Space Limited!!!**

**We're on FACEBOOK  
Become a FAN!**

### New Fitness Center

Our goal is to offer something for everyone in your family. We are now pleased to let you know that we not only have gymnastics and karate, but youth and adult fitness!!

Youth classes are separated by age groups and offer students a chance to be active and work hard no matter what sport they are interested in. We

also have adult classes; including yoga, strength training, cardio, and Zumba! Check the website for the latest and most up-to-date schedule.

Adults & teens can pay per class or get a reduced rate by purchasing a punch card. The punch card can be used for any of the adult/teen classes.

Adults can also take advantage of our weights & circuit training machines. While your kids are working out in class you can too! Just pay a \$7 drop in fee and work at your own pace.

If you have any questions please feel free to ask! The new Edge Fitness Center is here to serve you and your family!

#### How to "start" & "stop" a class:

- Gymnastics, Karate, & Fitness can be started anytime. If you begin in the middle of a month it will be prorated .
- To stop a class just turn in a "class stop form" before the 1st of the month you don't wish to continue. (If you don't want to come in March, turn in the form before March 1st.)

# September



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		<b>Fall Classes Begin</b>				Gym Closed
6	7 Gym Closed Labor Day	8	9	10	11	12 First Saturday Class
13	14 First Monday Classes	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

**Pajama Week**  
**Oct 12th - 17th:** Gymnasts & tumblers are encouraged to wear their PJs to class. Coaches will be participating too, so join us for spirit week!

- **Wear your Halloween costume to class: Oct 26th—31st** (Please make sure that your child is still able to do all of their gymnastics skills with their costumes on. We suggest wearing a leotard underneath their costume in case the costume gets in the way.)




## The American Allstars Way

At American Allstars Kids our mission is to supply a facility that is clean, safe, and fun for the whole family. We strive to provide an environment where children can learn and develop through movement and exploration. Each program is created so that all children will receive the best instruction possible in age and skill appropriate

*4th Annual Open House*

We would like to thank everyone who helped make our 4th annual open house such a huge success. The weather was slightly on the HOT side, but the turn out was spectacular!! Guests enjoyed food off the grill, an inflatable obstacle course, Pebbles the Clown face painting, balloon animals, tattoos, and so much more. This open house was a celebration of a fabulous year gone by and the kick off to hopefully an even better one. American Allstars would not be the company we are if it wasn't for the support and love from all of you. Thank you for letting us be a part of your family, you are a very special part of ours!

Sincerely,

  
 Carey, Gary, Amy & John

classes. Our dedicated and enthusiastic coaches take great pride in teaching quality gymnastics, karate, & fitness in both a safe and progressive manner. Their enthusiasm and knowledge will assist your child in developing important building blocks necessary to live a healthy and successful life. Responsibility, self-discipline, teamwork, and

perseverance are just some of the skills they will learn that will serve them for a lifetime.

Please feel free to talk to your child's instructor if you ever have any questions! They can be reached in person, by phone, or by e-mail. Find their contact info at [www.AmericanAllstarsKids.com](http://www.AmericanAllstarsKids.com)