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We Wish You a Happy & Healthy Holiday Season

During the Holiday season we have a lot going on at American Allstars! Check out some of our upcoming events and offerings!

Friday Night Open Gym

Have holiday shopping to do? Bring your kids to Friday Night Open Gym on Friday, December 4th, 11th, and/or 18th from 7:30-10:30pm! Children will spend the evening doing activities such as gymnastics, playing gym games, bouncer castle, the rock wall, and playing on our 30 foot Tumble Trak.

Participation is

for ages 5 years and above. You do not need to be a current member of American Allstars to attend. However, a waiver must be on file before a student can join in the fun. **3 hours of amazing fun** for only \$15!

Holiday Spectacular

Thank you to all the gymnasts who signed up for the Holiday Spectacular the weekend of the 19th & 20th. You are going to do amazing! Tickets are still on sale through December 5th. Don't miss out on this

awesome experience! Check on the back for more Holiday Spectacular information.

Gymnastics Equipment

We sell Resilite gymnastics equipment for home use. There are incline mats, folding panel mats, flat beams, bars, and barrels to choose from. They come in different colors including pink, blue, red, and tan. The equipment gets delivered for free right to the gym. These make great gifts for the kids!

Clinics & Open Gym

Open Gym	Dec 12
1:15-2:15	Jan 23
\$15	
Handstand & Cartwheel Clinic	Jan 9
11:15-12:15	
\$19	
Back Walkover	Jan 16
11:15-12:15	
\$19	
Back handspring	Jan 23
11:15-12:15	
\$19	



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

- Gymnastics & Karate can be started at anytime. If you begin in the middle of a month it will be pro-rated for you.
- To stop a class just turn in a "class stop form" during your last month of class. (If you don't want to come in March, turn in the form before March 1st.)

AAGA Apparel for the Holidays

Check out all the new American Allstars Gymnastics Academy apparel in our updated pro shop! We have embroidered shorts, zip ups, hoodies, hats, and t-shirts,

Gymnasts and tumblers will love the shorts that say "Gymnast,"

"Got Chalk," or "Tumbler." These come in a variety of colors and sizes.

As always, we have a large selection of gymnastics leotards and American Girl Doll Leotards. If you don't see the size you need, please feel free to ask. We may be able to get you what

you are looking for.

All of these items would make great holiday gifts, so stock up now! Don't wait until the last minute or the size and color that you want may be gone!



December



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12 Open Gym 1:15-2:15
13	14	15	16	17	18	19 Holiday Spectacular
20 Holiday Spectacular	21	22 Gym Closed	23 Gym Closed	24 Gym Closed	25 Gym Closed	26 Gym Closed
27	28 Gym Closed	29 Gym Closed	30 Gym Closed	31 Gym Closed	1 Gym Closed	2 Gym Closed

Q & A

Q: Do you give make-ups for days the gym is closed?

A: No. We do not charge extra for months that have 5 practices because they make up for months that have 3 practices.

Q: Do coaches keep track of my students progress?

A: Absolutely! Coaches keep track of each athlete's progress and when a student has accomplished all the skills necessary for that class then the coach will let you know that they are ready to move up. We pass out progress reports twice a season. First at the end of January and then at the end of June. If you have any questions don't hesitate to ask!



Holiday Spectacular

Congratulations to those gymnasts who signed up for the Holiday Spectacular!

- ◆ Gymnasts should arrive 25-15 minutes early
- ◆ Parking is limited, so please show up no more than 25 minutes early to your child's show.
- ◆ Tickets will be collected

Pre – School Open Gym

Due to popular demand we will have Open Gym for any child 5 years old or younger the following Mondays in December: 7th, 14th, & 21st; from 10:00am -11:30am. It only costs \$8 and you can stay the whole time or only come for part of it. Whatever works best with your schedule. Children can use the bars, beams, floor, trampoline, and the fun assortment of barrels, incline mats, and equipment that we have. You do not have to be an American Allstars member to participate, but your child does need to have a signed waiver on file before joining in on the fun. Children will need a parent or guardian to assist them in their activities. A gymnastics instructor will be on hand to supervise and help in any way possible. You can call ahead or just walk in. It's as simple as showing up and having a BLAST!

at the door, please have them easily accessible.

◆ Bring still and video cameras to capture your gymnast in action.

◆ Gymnasts should be EXCITED, but not nervous. There is nothing to worry about. The coaches will help them

with everything!

Please check out our website AmericanAllstarsKids.com, click Events, then Holiday Spectacular to see photos from last year and to download the informational flyer.

We are so excited for you to experience the 2009 Holiday Spectacular!!