

Prairie Gym News



1241 N. Raddant Rd. Batavia, IL 60510 630-406-6803 www.prairiegym.com

Upcoming Events

Gymnast Evaluations
Nov 2nd-14th

Veteran's Day (Open)
Wednesday, November 11th

Thanksgiving Break
No Preschool/Rec Classes
Nov 25th—27th

Thanksgiving (Closed)
Thursday, November 26th



Fall Classes

Prairie Gymnastics Club uses a no contract, pay by the month registration system.

Reminders:

- Tuition is due on the 27th of each month for the upcoming month.
- Make sure your credit card on file is up to date to avoid a late fee or an interruption in your child's training.
- A 10 day written notice is required to withdraw from a class. Withdrawal request forms are available at the front desk or on our website.
- Please pick your child up at the Pick Up door to avoid having young children walk across the parking lot alone.
- If your child is showing **any** signs of illness (cough, runny nose, fever), he/she will be sent home. As you can imagine, it is very difficult for our staff to tell a child they cannot do gymnastics that day so when in doubt, please keep them home.

Thanksgiving

Thanksgiving is a time when many families travel long distances to celebrate together. Travel increases the chance of getting and spreading the virus that causes COVID-19. Staying home is the best way to protect yourself and others. If you must travel, be informed of the risks involved or consider these lower risk activities instead:

- Have a small dinner with only people in your household
- Prepare traditional family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19, and avoid close contact when delivering
- Shop online rather than in person
- Have a virtual dinner with extended family

Source: CDC.gov

Evaluations

All preschool and recreational gymnasts will be evaluated from Nov 2nd - 14th. The week following, a report card will be sent home and you will be notified if your child needs to move up a level. You will also be able to view your child's results on the Customer Portal.

Access the Customer Portal by visiting our website at www.prairiegym.com and clicking on "Register Now". Log in, click "My Account", and then "Evaluations" on your child's profile.

- ★ Attempted Skill
- ★★ Learning Skill
- ★★★ Mastered Skill

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No Rec Classes

November 25-27

Happy Birthday!

November

1 st	Juliana B.	13 th	Brianna M.
1 st	Peter D.	14 th	Anna F.
1 st	Alexa B.	14 th	Leah F.
2 nd	Samantha R.	18 th	Isabelle J.
3 rd	Sadie S.	19 th	Lauren O.
5 th	Hannah J.	20 th	Will S.
6 th	Cooper T.	21 st	Declan S.
7 th	Thea A.	23 rd	Kathryn W.
12 th	Elizabeth J.	24 th	Sofia M.
13 th	Braelyn D.	26 th	Coach Keawe



world diabetes day

14 November

- Some 1.25 million Americans are living with T1D, including about 200,000 youth (less than 20 years old).
- Being active is important for people with diabetes.
- Athletes with type 1 diabetes can compete safely, as long as they maintain good control of their blood sugar and plan for, monitor, and react to changes in blood sugar levels that can happen because of different levels of exercise intensity and duration.
- Some famous athletes with Type 1 Diabetes: Jay Cutler (Denver Broncos, Chicago Bears); Ron Santo (Chicago Cubs); Gary Hall Jr, (Olympic gold medalist)

Excerpts from: <https://type1.cornerstones4care.com>

Did you know...

...Americans eat 46 million turkeys each Thanksgiving?

...Wild turkeys can run 20 miles per hour when they are scared?

...Football is the most watched sport in November?

...The November flower is the chrysanthemum, which represents cheerfulness?

...National Sandwich Day is November 3rd?

Theme Weeks

Week of:	Gym Kids	Rec Classes
Nov 2nd	Evaluations	Evaluations
Nov 9th	Evaluations	Evaluations
Nov 16th		Exchange Week
Nov 23rd no classes 25th, 26th, & 27th		Trampoline Week

