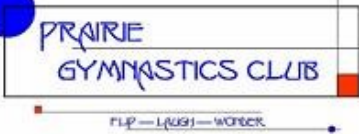


# Prairie Gym News



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

## Upcoming Events

**Perfect 10.0 Challenge (JO Boys)**  
February 13th-14th, Hanover Park

**Valentine's Day**  
Sunday, February 14th

**President's Day (Gym Open)**  
Monday, February 15th

**Illinois Quaranteam Meet  
(JO/GIJO Boys)**  
Sunday, February 21st  
(Home Meet)

**Great Western (JO/Xcel Girls)**  
February 26th-28th, Oswego

## Winter 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 participate in class so when in doubt, please keep them home.

## Did You Know...

....Valentine's Day officially became a holiday associated with love in the 1300s?

....Americans spend over \$20 billion on Valentine's Day gifts each year?

....Americans send 145 million Valentine's Day cards each year?

....Teachers are the number one recipient of Valentines?

....Candy hearts were originally medical lozenges?

....Nearly 6 million couples get engaged on Valentine's day each year?

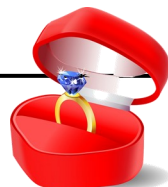
## 11 Ways to Encourage Your Child to Be Physically Active

1. **Talk with your child's doctor.** Your child's doctor can help you and your child identify sports or activities that may be best for your child.
2. **Emphasize fun.** The more your child enjoys the activity, the more likely he/she will be to continue it.
3. **Choose an activity that is developmentally appropriate.**
4. **Plan ahead.** Make sure your child has a convenient time and place to exercise.
5. **Provide a safe environment.** Make sure your child's equipment and where they practice or play is safe.
6. **Provide active toys.**
7. **Be a role model.** Children who regularly see their parents enjoying sports and physical activity are more likely to do so themselves.
8. **Play with your children.**
9. **Set limits.** Limit screen time each day.
10. **Make time for exercise.**
11. **Don't overdo physical activity.**

Source: Healthychildren.org

February 2021

Vol 12, No 6



# Happy Birthday!

## February Birthdays

1st Camden B.  
 2nd Reese R.  
 3rd Madeleine B.  
 3rd Charlotte B.  
 6th Anaya P.  
 6th Zoe N.  
 8th Wyatt S.  
 10th Julia J.  
 10th Kendall L.  
 11th Olivia L.  
 11th Haddee R.  
 12th Ava H.  
 12th Genevieve P.  
 13th Lily B.  
 13th Aviana D.  
 14th Ellanah M.  
 16th Brynn P.  
 16th Coach Tamara  
 17th Mirren M.  
 18th Caylee M.  
 25th Abby T.  
 27th Katie Jo C.  
 28th Brynn W.  
 28th Madison C.  
 28th Asta M.  
 29th Addie H.  
 29th Henry S.



## Theme Weeks

Week of:	Gym Kids	Rec Classes
Feb 1st		Wrong Side Week
Feb 8th	Crazy Socks Week	Healthy Heart Week
Feb 15th		Tramp Week
Feb 22nd		Stick It Week



# Team Results

## Illinois Quaranteam Meet -



### JO Level 10 Boys

Kyle 1st Floor

### JO Level 9 Boys

Brody 2nd PH, PBs; 3rd Rings, AA

### JO Level JD Boys

Ronan 3rd Floor

### JO Level 7 Boys

Peter 1st Floor, PH, PBs, AA; 2nd Vault, HB; 3rd Rings

Cooper 1st Vault, HB; 2nd Floor, AA; 3rd PBs

### Level 5 Boys

Will S. 1st PH, Rings, PBs, HB, AA

Phinn 1st Floor; 2nd Rings, Vault, PB, HB, AA

Eli L. 3rd Floor, Vault, PBs

### Level 4 Boys

Eli W. 3rd PBs

Khalil 1st Floor, PH, Vault, HB, AA; 2nd Rings, PBs

Carson 1st Rings, PBs; 2nd Floor, PH, Vault, HB, AA

Andrew 3rd Vault

### GIJO Level 5 Boys

Declan A. 1st Floor, AA; 2nd PH, Rings, Vault, HB; 3rd PBs

Ben 1st Vault; 3rd Floor

### GIJO Level 4 Boys

Brady 3rd PH

John 3rd Vault

### King Arthur Invite -

### JO Level 6 Girls

Wynnie 3rd Bars

### Xcel Silver Girls

Josephine 1st Vault, AA; 2nd Bars, Beam

Mackenzie 1st Beam; 2nd Vault

