

Prairie Gym News

PRairie
GYMNASICS CLUB

FLIP — LUGS — WINKER

1241 N. Raddant Rd. Batavia, IL 60510

630-406-6803

www.prairiegym.com

Summer 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...

...there's an annual Underwater Music Festival in the Florida Keys?

...the month of June is named after the Roman goddess Juno?

...more thunderstorms occur during summer than any other time of year?

...ice pops were invented in 1905 by an 11 year old boy?

...humans are scientifically proven to be happier in the summer?

...the longest barbecue on record lasted 80 hours?



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Upcoming Events

Summer Break (No Classes)

June 7th-13th

Father's Day

Sunday, June 20th

First Day of Summer

Sunday, June 20th

4th of July (Closed)

Sunday, July 4th

Happy
Father's
Day!



Summer Break: Tips to Keep Kids Engaged, Healthy, and Fit

1. Keep the learning going!
2. Visit local museums and zoos.
3. Try biking, hiking, and gardening as a family.
4. Try a weekly sports activity (like gymnastics!)
5. Use inexpensive fitness equipment such as jump ropes or elastic bands for fitness fun.
6. Review dietary guidelines (MyPlate.gov is a great resource). Let the kids plan menus, create at-home taste-testing experiences, or learn new recipes.
7. Keep kids on a regular sleep schedule.
8. Make sure kids hydrate throughout the day with healthy liquids.
9. Apply sunblock regularly when outdoors, especially after swimming or sweaty activities.
10. Make sure kids use bug spray and sunglasses.
11. Summer days should have a balance of free play, learning, healthy eating, and fitness!

Healthcentral.com

Gym Closed

June 7th-13th

SUMMER
BREAK

Happy Birthday!

June Birthdays

2nd Gavin B.
5th Mattie L.
6th Knox N.
7th Finley C.
8th Ava M.
9th Madeline D.
14th Lily R.
15th Nola T.
16th Walter M.
20th Jane H.
25th Tatum G.
26th Samantha H.
27th Addison A.
29th Finley M.



VACATION HANDSTAND

Going on vacation this summer? Don't forget to send us a picture of you doing a handstand in your favorite vacation spot for our Handstand Wall at the gym! Our favorites may also end up on social media!



Team Results

JO/Xcel Girls Regional Championships

Xcel Gold Girls
MacKenzie 2nd Vault



GIJO Girls League Championships

Ali 3rd Beam
Peyton 1st Bars, Beam

STAFF Spotlight

The staff spotlight for June is Coach Rachael! Rachael started doing gymnastics when she was 3 years old and competed at Prairie for four years. She currently coaches preschool and recreational classes, girls recreational classes, and is our GIJO Girls coach.

Fun Facts:

- Rachael's favorite gymnastics event is bars.
- Coach Rachael & Coach Kaitlin are sisters.
- Her favorite food is anything from Chick-Fil-A.
- Rachael attends Elmhurst University and is majoring in Elementary Education with a minor in Reading Education.
- When she's not at Prairie, Rachael loves to go on walks and be outside.
- Rachael has four dogs!

