

Prairie Gym News



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

Upcoming Events

Summer Break (No Classes)
June 6th-11th

Father's Day
Sunday, June 19th

First Day of Summer
Tuesday, June 21st

4th of July (Closed)
Monday, July 4th



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.
- Written notice is required to withdraw from a class 10 days before the end of the month. 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 may be sent home or given a face mask. 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...

...monarch butterflies spend the summer in North America before migrating south?

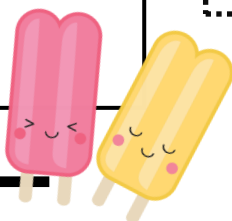
...the largest scoop of ice cream ever weighed over 3,000 pounds?

...sunshine improves your brain function?

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

...the world's largest inflatable pool toy was a swan that stood 70-feet tall?

...popsicles were invented by accident?



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 6th-11th



June 2022

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Happy Birthday!

June Birthdays

1 st	Cecilia A.	14 th	Lily R.
2 nd	Gavin B.	15 th	Nola T.
2 nd	Dakota M.	16 th	Walter M.
2 nd	Emily K.	17 th	Harriet O.
3 rd	Georgia R.	20 th	Cayla C.
4 th	Sophia C.	20 th	Jane H.
6 th	Skylar H.	20 th	Herbie O.
6 th	Knox N.	21 st	Henry F.
7 th	Finley C.	21 st	Charlotte B.
9 th	Madeline D.	24 th	Liam H.
11 th	Mia C.	24 th	Faith P.
11 th	McKenna G.	25 th	Tatum G.
11 th	Parker D.	26 th	Samantha H.
12 th	Charles H.	27 th	Isaac Z.
12 th	Adelyn B.	28 th	Johnny K.
12 th	Mackenzie T.	28 th	Harper C.



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

GIJO Girls League Championships

Natalie: 2nd Beam, AA; 3rd Bars, Floor
Khloe: 1st Vault; 2nd Bars
Peyton: 2nd Bars, Beam
Autumn: 3rd Bars, Floor
Joy: 3rd Floor

Xcel Regionals

Adelynn: 3rd Vault



SUMMER MADE EASY!

SUMMER SCHEDULING IS NOW
EASIER THAN EVER WITH UNLIMITED
MAKE-UPS! ENJOY SUMMER
VACATIONS WITHOUT MISSING OUT
ON THE FUN AT PRAIRIE!

OUR CLASS SCHEDULE REMAINS
THE SAME YEAR-ROUND.



Family Open Gym (Ages 1 & Up)

Every Friday From
10:15-11:15am

6/17/22 - 8/5/22

Adult Must Be Present

\$8.00 PER CHILD (CASH ONLY)
ADULTS & CHILDREN UNDER 1 ARE FREE
PRE-REGISTRATION REQUIRED
OPEN TO MEMBERS & NON-MEMBERS