

Prairie Gym News

PRAIRIE
GYMNASTICS CLUB

FLIP — LAUGH — WONDER

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.
- Please pick your child up at the Pick Up door to avoid having young children walk across the parking lot alone.
- Please be sure to let us know of any absences in advance. To qualify for a make-up token, you must mark your child absent in the Customer Portal prior to the start of class.
- If at any time you wish to withdraw from our program, visit your Customer Portal account and click "My Account > Enrollments > Drop Enrollment" no later than the 20th of the month.

Did You Know...

...June is the month with the longest daylight hours of the year in the Northern Hemisphere?

...in 2009, June was the 662nd most popular name for girls in the USA?

...the hottest part of the day is between 11:00am and 3:00pm?

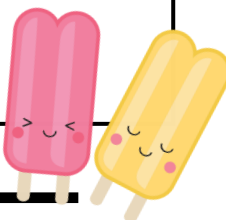
...June 5th is World Environment Day—a day meant to raise environmental awareness across the globe?

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

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

June 2024

Vol 15 No 10



Upcoming Events

Summer Break (Closed)
June 3rd-9th

Father's Day
Sunday, June 16th

First Day of Summer
Thursday, June 20th

U.S. Olympic Trials
June 27th-30th

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



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 3rd-9th



Happy Birthday!

JUNE BIRTHDAYS

1st	Grace C.	14th	Mya M.
2nd	Tatum A.	15th	Nola T.
2nd	Emily K.	15th	Sofia M.
2nd	Dakota M.	16th	Charlotte C.
3rd	Amelia Z.	18th	Ava M.
3rd	Norah H.	18th	Lucy Z.
4th	Sophia C.	20th	Herbie O.
5th	Riley B.	22nd	Olivia J.
6th	Skylar H.	24th	Emily D.
7th	Eleanor K.	24th	Faith P.
9th	Annie J.	25th	Isabel A.
10th	Dana B.	25th	Nira C.
10th	Brynn D.	25th	Tatum G.
11th	Camila D.	25th	Theya M.
11th	Parker D.	28th	Penelope B.
11th	McKenna G.	28th	Emma S.
12th	Adelyn B.	29th	Vivie E.



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
social media! Our favorites may
also end up on the Handstand
Wall at the gym!



Team Results

XCEL REGIONALS

Xcel Gold:

Ali Z: 3rd Beam
Lila D: 3rd AA
Peyton K: 3rd Bars



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.



CONGRATS TO OUR GRADUATING SENIOR....

Coach Riley!

Riley will be attending
Marquette University this Fall



Family Open Gym (Ages 1 & Up)

Every Friday From
10:15-11:30am

6/14/24 - 8/09/24

Adult Must Be Present

\$10.00 PER CHILD (CASH ONLY)
ADULTS & CHILDREN UNDER 1 ARE FREE
PRE-REGISTRATION REQUIRED
OPEN TO MEMBERS & NON-MEMBERS