

August 2019

Welcome!



Dear PGA Parents,

The PGA Staff would like to welcome athletes and parent to our gym. We are so excited to have new students and so glad to have our returning students back. We like to think of everyone as our special PGA family. If you every have any questions or concerns, please let us know. You can email us at [pgapineville@gmail.com](mailto:pgapineville@gmail.com) or message us on facebook @Premiergymacademy Keeping the line of communication open is how everyone can succeed.

Did you know????

- We have Open Gym every Saturday from 9:30-11:30 for \$5.00 and \$10.00 for non-members. You can also come for free in lieu of a make-up class.

- You do not have to stay while your child is in class. Some children do better with a parent there but some do better if you don't stay.

- Every child learns at their own rate. Never compare your child to another student. You never know how long they have been taking.

### IMPORTANT DATES FOR THE YEAR

SEPT 2<sup>ND</sup> CLOSED FOR LABOR DAY

NOV 25-29<sup>TH</sup> CLOSED FOR THANKSGIVING

DEC 23-JAN 3<sup>RD</sup> CLOSED FOR CHRISTMAS

FEB 24-25<sup>TH</sup> CLOSED FOR MARDI GRAS

MAR 2<sup>ND</sup> SHOW OFF APPAREL GO ON SALE

MAR 30<sup>TH</sup> SHOW OFF APPAREL ORDERS DUE

APR 6<sup>TH</sup> SHOW OFF TICKETS GO ON SALE

APR 6-10<sup>TH</sup> CLOSED FOR EASTER

MAY 22<sup>ND</sup> LAST DAY OF CLASSES

MAY 23<sup>RD</sup> SHOW OFF PERFORMANCE

### Attendance & Being On Time

ATTENDANCE IS VERY IMPORTANT IN THE SPORT OF GYMNASTICS. WITH MULTIPLE EVENTS, SKILLS AND FOUNDATION BEING KEY, YOU WILL SEE THE MOST PROGRESSION YOUR CHILD(REN) IF THEY ATTEND EVERY CLASS.

BEING ON TIME IS ALSO KEY IN GYMNASTICS AS THE START OF THE CLASS IS WHEN THE WARM UP AND STRETCHING OCCURS. THIS IS NOT ONLY IMPORTANT FOR WARMING UP THE MUSCLES AND BECOMING MORE FLEXIBLE, BUT IT ALSO HELPS PREVENT INJURY. IF YOUR CHILD MISSES THIS PART OF THE CLASS, THEY WILL NOT BE GETTING THE MOST OUT OF THIS TIME AS THEY COULD.

**Parent & Tot-** Most of the time this is your child's first experience with gymnastics! It is a good rule of thumb to let them come at least 3 times before you know if they are going to like the class. The first few lessons they will be overwhelmed with all the new equipment and people. Sometimes they will cry and be scared and that is perfectly normal. Do not try and "force" them to participate. This will only cause more fear. You can let them go at their own pace and explore a little as long as they are not running into other classes. Your job as the parent is to keep them with the group and give them lots of reassurance.

### Stay Connected

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### Credit Card Fee

THERE WILL BE A 2.5% CHARGE ADDED TO ANY PURCHASE OR AUTODRAFT MADE WITH A CARD. IF YOU WOULD LIKE TO PAY WITH CASH PRIOR TO THE 1<sup>ST</sup> OF THE MONTH YOU WILL NOT BE CHARGED TO 2.5%