what’s the BUZZ BE more

Workshops

July 6 - August 29
- TUMBLING -
  Monday, Wednesday, Friday 3-4pm
  Monday, Thursday 7-8pm

$10/athlete

congratulations Amy & Sarah and the RI DIAMOND XCEL team on a 4th place finish at the Regional Championships

Show Me Week
June 15-21

Anniversary Show
June 13: 11:30 & 3:00

Summer Parties
Saturdays & Sundays
rain or shine, fully air - conditioned

No Stress - We do it all Celebration

TEAM Experience
No prior experience required
2 Fun Meets: 7/26 & 8/23
Team Experience Leotard
Team Big Sister

closed
June 22 - July 5

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Team Big Sister

CHALLENGE GYM
BE MORE MORNINGS
*DETAILS INSIDE

OPEN GYM
* added summer hours *
*Tuesday, *Thursday, Saturday 2-4pm
$15/athlete
what’s the BUZZ, from Miss Jen

**BE HOME**
This used to be my playground
This used to be my childhood dream
This used to be the place I ran to
Whenever I was in need
Of a friend….

Live and learn
Well the years they flew
And we never knew
We were foolish then
We would never tire
And that little fire
Is still alive in me
It will never go away
Can’t say goodbye to yesterday…

The lyrics above from Madonna’s, *This Used to be My Playground* are truly representative of the way I think and feel about gymnastics, the gym, and my childhood growing up with gymnastics.

Sometimes… I will find myself alone in the gym, and can’t resist the temptation to run, dance, and turn myself upside down.

Sometimes…I stand in the gym and am in awe that I am lucky enough to have had made a career of my childhood passion.

Sometimes… when it is all a little too much, when the world seems to be standing in my way, I can go in the gym and work my gymnasts - their passion fuels my passion, and it all melts away.

Sometimes… when I have a few hours, and the gym is empty I come here to work, clear my mind, and come up with a new plan.

Sometimes… it feels like coming home at the end of a long day.

While my relationship with gymnastics has grown and changed over the years, it is still so much the same. This place - the gym - has always been my home, my place of security, my playground and the place where I could be my most true self.

**MAKE UP DAYS**
The school year is winding down and many of you are off for great summer adventures. Make sure to get in your make ups. You must be enrolled in class to take advantage of make up opportunities. Upcoming make up days for the summer months are: JULY 11 & AUGUST 1.

**CLOSINGS**
RGA will be closed for our summer break
JUNE 22 - JULY 5
Classes Resume JULY 6th

**TUMBLING WORKSHOPS**
I am excited to offer more opportunities to our gymnasts and cheerleaders to work on their tumbling skills over the summer with added additional Tumbling Workshops. These are great for gymnasts of all levels ages 5 & up, cheerleaders, acrobats, and anyone who wants to develop more tumbling skills with specialized lessons and coaching.

MONDAY, WEDNESDAY, FRIDAY 3-4PM
MONDAY, THURSDAY & FRIDAY 7-8PM
$10/WORKSHOP

**NEW SUMMER OPEN GYM**
More time to work on those skills you really want to achieve in our fully air-conditioned facility. Ages 6 & up.
*TUESDAY, *THURSDAY, SATURDAY
2-4PM
$15/GYMNAST

**TEAM EXPERIENCE - SUMMER 2015**
This new program is for any budding gymnasts. No prior experience is required. Gymnasts registered for the Team Experience will spend 7 weeks training and preparing for 2 fun meets. The first will be on July 26, the second on 8/23. Each participant will get an exclusive Team Experience leotard. And to top it off, each gymnast will be paired with a Gold/Platinum/or Diamond team member as their “big sister”. The sister will have time to workout together and to development bonds and relationships.

Ages 3-5 - Mondays 4-5pm
Ages 6 & UP - Wednesday 5-6pm
$195/complete experience

**Gymnastics** is the path, **Skills** are the stepping stones, but **Character** is the destination.
SCHEDULE YOUR SUMMER BIRTHDAY PARTY
No need to worry about rain or all those kids in your house. Celebrate your birthday at RGA. Parties for Little Kids (ages 6 and under) and Big Kids (ages 5 and up). We do it all for you, just bring your cupcakes and camera and let us do the rest. Each child receives a party favor of a balloon and t-shirt. Call the front desk today to reserve your special date.

15TH ANNIVERSARY SHOW
This year we celebrate 15 years of RGA! The Anniversary Show will be on June 13th at 11:30 & 3:00. Team gymnasts will perform in both shows, with a lunch break in between. I encourage you to bring your whole family and friends, but I do ask that due to limited seating, you only attend ONE of the shows. I bring in bleachers and chairs for the event and everyone works very hard to put on a great performance.

During the Anniversary Show we will be honoring all of our gymnasts who have been with RGA for 5 years and longer. It is important that we recognize the commitment and dedication of our athletes. If your child has reached this milestone, please let the front desk know.

SHOW ME WEEK
This is the time of year when the gymnasts get to invite their families and friends into the gym to show them all that they have accomplished throughout the year. Your “show” is during your regular class time. I have seats arranged throughout the gym, and you will get to see what your gymnast does on each event. There will also be a time for interaction with your child’s instructors. The “show me” day will conclude with an award presentation for each gymnast. There is NO sign up fee, or mandatory uniform, however a 15th Anniversary leotard are available for purchase. I also do not charge an admission fee for this event, so bring the whole family. June 15-21.

SHOW REHEARSALS
Mandatory TEAM Show Rehearsal
Seasonal/Silver/Gold/Platinum/Diamond
6/12 5-8pm

MINI TEAM
Mini Team members will be performing in both Anniversary Shows. Mini team members must wear the 15th Anniversary TEAM leotard. They will prepare for their performance during their regular class time. Due to limited seating at the Anniversary Show, I ask that parents attend just ONE of the shows. Mini Team Gymnasts are also invited to come on Thursday 6/18 @ 5:00 for Show Me Week to be able to show their families more of the work that they have been doing in their class.

TEAM NEWS & INFO
We lots of new programs and opportunities for our Silver, Gold, Platinums, and Diamond team members starting this summer.

Introducing Team Challenge 2015. I am compiling a list of challenges for team members to take on over the summer months. Focusing on technique, strength development, and flexibility. Working toward goals and doing what is hard, to gain the benefits. Team Challenge Journal & t-shirt are available for $20. More info will be available when we return from break on July 6.

Secondly, we are again offering Open Team Gym on Saturdays from 6-8pm. This will be a time for team members to work on their skill progressions & their team challenge with team coaches. The fee is $15/gymnast. This is not available for a make up lesson, please see our team make up policy.

Finally, I am excited to offer Be More Mornings. This is a program that will run through July & August on Tuesdays and Thursday from 8-12. The morning will start with Team Gym & Challenge from 8-10am. Gymnasts will then have the opportunity to stay and spend time together having a snack and watching an inspirational/motivational movie. $20/morning, or $15/team gym only.

For those gymnast who would live here if I let them… I have put together the

BE Here Summer Package.
Unlimited Team Gym
Unlimited BE More Mornings
Team Challenge Materials
*$95/month
*In addition to regular tuition.

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