

# Canyon Creek Gymnastics & Tumbling

## September 2010 Newsletter

### Specials

**Tumblers**, you may take a Jump Class for only \$40.00 if you are enrolled in a tumbling class. Current & new students. **Free Car Decal** special continues through September. If you would like a free car decal, please see the front desk. **Referrals:** For every referral you get, that signs up for classes, we will now credit your account \$15.00.

### New at CCGT

\*We will have an **IN-GROUND PIT** at CCGT. It will be located on the West side of the gym, between the tumble track and vault area. An in-ground pit is a hole that is about 7 feet deep and filled with foam cubes. \*You will be able to enter from Arapaho Rd., into CCGT's parking lot. Construction is underway to allow access from the East bound lane of Arapaho.

### Congratulations

**Alex Olafson**  
&  
**Kameryn Carper**

They were just honored at the Texas State USAG Awards Banquet in Houston for being State Champions.



### Upcoming Events

- "Labor Day" No Classes Sept. 6<sup>th</sup>
- "Picture Day" Sept. 8<sup>th</sup> & 9<sup>th</sup>
- "Girls Only Lock-In" Oct. 16<sup>th</sup>
- "Halloween" Open Oct. 31<sup>st</sup>

All events are posted on the CCGT website

### "NEW Program" Mom & Tot Open Gym

Starting September 13<sup>th</sup> 2010. This program will be offered every Monday from 9:00 am to 10:30 am. Cost is only \$5.00 per child. 5 yrs. and under.



### New CCGT T-Shirts are in

Only \$6.99 for a limited time. They are going fast. We will be ordering blue also.

### Girls Only Lock-In

Our next popular girls only LOCK-IN is

**Saturday, October 16<sup>th</sup>**  
at 6:30 pm. Pick up is

Sunday at 9:00 am. Pre-register as our last lock-in filled up and we had to turn people away. Cost is \$30.00; siblings 1/2 price. Dinner and snacks provided. Games, G movie & open gym!

### Benefits of Kids Being Active

When kids are active, their bodies can do the things they want and need them to do. Why? Because regular exercise provides these benefits:

- strong muscles and bones
- weight control
- decreased risk of developing type 2 diabetes
- better sleep
- a better outlook on life



Healthy, physically active kids also are more likely to be academically motivated, alert, and successful. And physical competence builds self-esteem at every age.

### Picture Day Schedule at CCGT

**Wednesday, September 8th 2010**

**Class Recreational Students**

4:00 pm to 5:30 pm-Buddy Shots & Individual Team Shots

**Team Schedule**

5:30 pm to 5:40 pm-Girls TAAF Team

5:40 pm to 5:45 pm-Boys USAG Team

5:45 pm to 6:00 pm-Pre-Team

6:00 pm to 6:10 pm-Level 4s

6:10 pm to 6:20 pm-Level 5s

6:20 pm to 6:25 pm-Level 6s

6:25 pm to 6:40 pm-Optional

6:40 pm to 7:00 pm-Entire Girls

USAG Team Picture

(Pre-team through Optional)

**Class Recreational Students**

7:00 pm to 7:30 pm-Buddy Shots & Individual Team Shots

**Thursday, September 9th 2010**

**Class Recreational Students**

4:00 pm to 7:00 pm-Buddy Shots & Individual Team Shots



### Cheerleading Jump Classes

Every year our Cheer Jump Classes fill up. Please enroll soon to secure your spot. Remember, at cheer tryouts jumps are just as important as tumbling. You also get a discount if you add a jump class when you are already enrolled in a tumbling class. Only \$40.00



### Canyon Creek Gymnastics & Tumbling

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Join CCGT on Facebook



### Students of the Month

Pre-School

**Kaylee Word**  
Girls Gymnastics

**Charli Henn**

Boys Gymnastics

**Charlie Harris**

Tumbling/Cheer

**Kaitlyn Ray**

TAAF/Masters

**Gabby Giesecke**

Girls USAG Team

**Mariah Madrid**

Boys USAG Team

**Niki Polley**

Employee of the Month

**Jon Woods**



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### COUPON GOOD FOR

Bring a friend to Friday Night  
Out for FREE!

Expires October 1<sup>st</sup> 2010