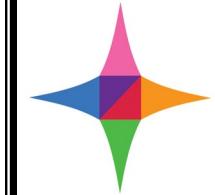




Dynamic Dailies



Volume 1, Issue 3

November 2014

We're on the web!
dynamicathleticcenter.org

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TAKE NOTE:

- * 3rd TEAM Payment is due TODAY (Nov.. 15)!!!
 - * Don't forget to book your Fall Birthday Parties with us!
 - * OPEN GYM is on Saturdays!
 - * Coming Next Month- Year End Show Early Bird Registration, and Christmas Break Schedule!
- <http://words.usask.ca/news/2014/04/23/u-of-s-researcher-says-a-little-gym-goes-a-long-way/>

Thanksgiving Schedule

Thanksgiving Break for all classes is from Tuesday Nov. 25-29th. Classes on Monday, Nov. 24th are as usual for everyone. Payments are the same as our class schedule is based on a four class per month schedule.

Tuition remains the same every month as there are some months with 5 weeks that balance those with less than 4 weeks. There will be **No Open Gym** Saturday Nov. 29th. For HOT SHOTS, if

you are an Option B or C and want extra practices during break, you MUST be signed up by Nov. 22 to attend. Each extra class is \$20.

There is no TOPS practice Thanksgiving Week!

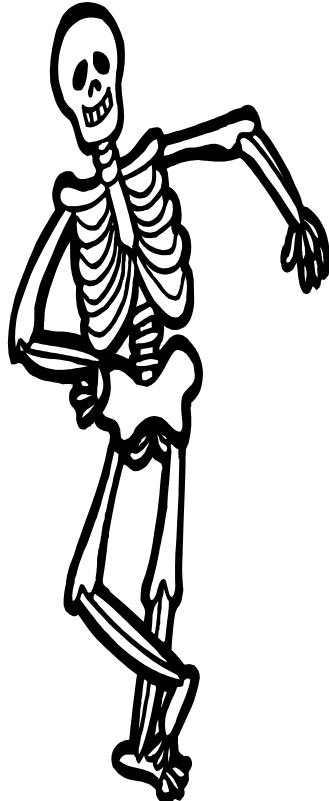


FLASH MOB in November

is the "Chicken Dance"!

Gymnastics and Your Bones

A new Canadian study shows that practicing gymnastics as a child can help strengthen bones, and in turn prevent osteoporosis years later. University of Saskatchewan researcher **Marta Erlandson**, a former gymnast herself, said her study revealed that even one hour a week of gymnastics can lead to health rewards. "Due to many factors, kids are much more sedentary and this puts them at increased risk of osteoporosis later in life," she said. "They (children) had better bone parameters even after an hour or so a week of (gymnastics) participation." To read the full article, click [here](http://words.usask.ca/news/2014/04/23/u-of-s-researcher-says-a-little-gym-goes-a-long-way/):



Here at Dynamic, we like to find ways to highlight students and staff who make a difference in our gym, community, and world. If you know of someone who is doing this, please contact: Abby at 489-JUMP and let her know!

Recreational Gymnastics

The recreational gymnastic classes will be doing their first assessment of the year this month! Coaches will be evaluating their athletes during class time over the next couple of weeks. Assessments will allow parents and athletes to see their progress and figure out areas that still need growth. Assessments will be distributed before the Christmas break in December.

Early Bird Registration is Coming!

Starting December 1st, we will start taking EARLY BIRD REGISTRATION for our amazing year end show. Amounts and deadline dates will be sent out December 1st.



Open Gym

Many have asked, "What is open gym?" It is a time where your gymnast, recreational or team, can come in for extra practice on a specific skill, use the equipment, and give mom a couple hours to get her Christmas shopping done! Regular Open Gym is on Saturdays from 12:30-2:30 and is \$8.00. Preschool Open Gym is Monday and Friday from 10:15-11:15 and is \$5.00.

Hot Shots Gymnastics Team News

- Hot Shots 3rd Meet Fee payments are due **TODAY!** Make sure to get your payments in (in person or online) to avoid the \$50 late fee.
- **Option A Team Members** need to be sure to schedule their **monthly** private lessons with their coaches. This is a requirement for **ALL OPTION A** team members, and failure to follow through on your private lessons will result in losing the ability of Option A.
- Meet season is quickly upon us! Boys team has their first meet on December 6th in CDA. Girls team, Levels 7-10, has their first meet December 12-13th in Seattle, and Levels 3/4 and Xcel have an in-house home meet December 20th.
- If you haven't yet made reservations for travel meets, they fill up quickly!
- You all are doing AMAZING on your routines!! Stay healthy, stay strong, and know that your hard work will pay off in the months to come!! Your gym is behind you 100%!

DID YOU KNOW?

1st Saturday of every month is MAKE-UP SATURDAY! If your athlete (recreational or team) misses their normal class, make sure they sign up on the Make-up sheet in the gym and let the front desk know! Questions? Talk to your athlete's coach.



Winter Is Coming!



With the drop in temperature, we want to remind you that students need to come to gym wearing proper outside clothing. Coats, pants, and boots when it's cold NEED to be worn. There are cubbies to store all these things during class. We want our athletes staying healthy, so please don't send them from the car to the gym in only their leos and flip flops! In addition, athletes MUST wait for parents INSIDE the building in the winter for health and safety reasons.

Also, cold and flu season is upon us, so please do not send your athlete to us if they are sick (fever or throwing up within 24 hours or slimy/hacking wet seal cough). Please remind them to wash their hands often and not to share water bottles or food with other athletes.

Be on the lookout for our level up testing before Christmas!

Those in FitRanX move up the ranks of their fitness ability by testing through very specific skills. Keep an eye out on who is testing and encourage them as the date gets closer! If you would like

FitRanX

to join them, feel free to jump into the Monday class from 8-9 p.m. FitRanX is a small group cardio and strength training class that runs like circuit training. **Be sure to look for New Years**

specials coming next month, and make a point to reach your fitness goals!



DYNAMIC ATHLETIC CENTER
+ GYMNASTICS + ALL STAR CHEER + DANCE ACADEMY + FITNESS + PRESCHOOL + ATHLETIC APPAREL

1 Free Trial Class
Call to set up an appointment
Offer expires: November 31st 2014

Dynamic Dance Academy
• Our focus is on building skills and having fun.
• Explore the many styles of dance we offer: ballet, tap, lyrical, hip hop, and jazz. All ages welcome

Dynamic All Star Cheerleading
• The coaching staff's mission is to offer the best technical training possible while focusing on teamwork and structured, safe practices.
• Our goal is to create a positive environment where our athletes will not only gain life skills, but lifelong friendships.

Dynamic Fitness (the only Spokane facility offering the nationally ranked Fitranx program)
• Fitness for all ages! Now moms, dads, and siblings can grab a fun and effective workout at Dynamic Fitness, while kids take classes.

7410 N. Division St., Spokane, WA. 99208
(509) 489-5867
www.DynamicAthleticCenter.com

LAST CHANCE!!!!

This is the last month to use our free trial class in our Dance, Cheer, or FitRanX programs. If ever you wanted to try a class before committing, now's your chance! Classes for kids AND adults!

Call or stop in to check available class times. Limit class space so hurry and reserve your free trial spot.

(1 class per person please and not valid for gymnastic classes. Offer expires Nov. 31st 2014)

Pre-School Gymnastics

★★★★★★★★★★★★★★
★ It's been busy in the
★ preschool gym . . . with falling
★ leaves and shooting stars . . .
★ the stars are all over the Skin
★ the Cat club board! Look for
★ your child's star up on the
★ wall if they've achieved that
★ goal already! There's a lot
★ more fun on the way as the
★ temperatures drop and
★ holidays move
★ closer.
★★★★★★★★★★★★★★



Active Life Learning Preschool

DID YOU KNOW?

When you enroll your child in A.L.L. Preschool, your child gets DAILY dance, gymnastics, and fitness classes? A \$250 value!

★ Our Active Life Learning Preschool is in full force!
★ We've been working on filling our marble jar by using kind words, being a good helper, and achieving academic goals.
★ The kids are looking forward to a special project once the jar is

full . . . We're SOOOO close! We also had fire safety day! Here are some of our Jr. firefighters, with hats and sticker badges, compliments of one of our student's daddy!

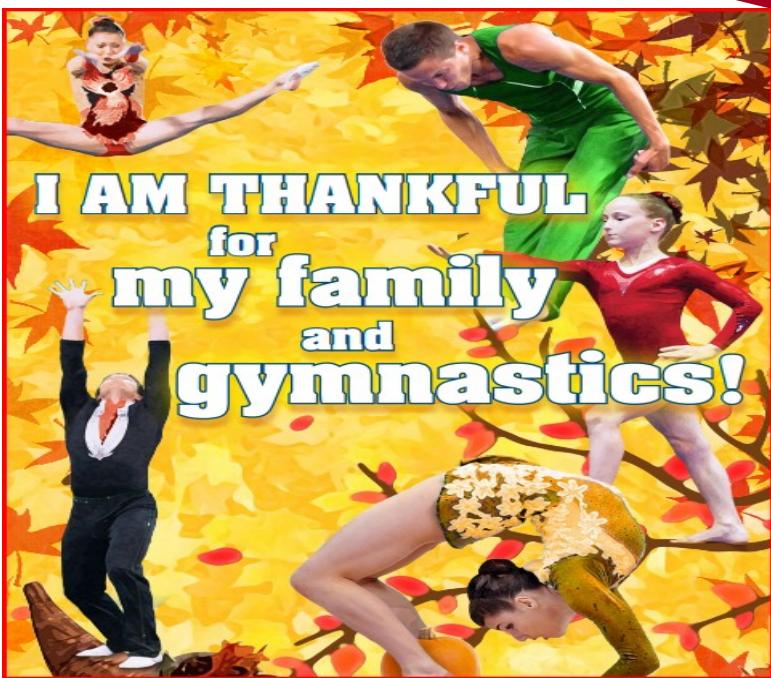


“DYNA” MITE

Our boys team is led by Head-Coach Melissa Burnson, who was the Washington State Men’s Coach of the Year in 2014, as well as our new assistant coach, Chris Sarquilla, who joined us this summer and comes with years of experience! Our boys team includes:

- Will Bughi- Level 10
- Gianni Young- Level 9
- Brody Lusk- Level 8
- David Thew- Level 6
- Nick Henning- Level 6
- Sam Leman- Level 6
- Keegan Eastep- Level 6
- Porter Aeschliman- Level 6
- Trevahn Ignacio- Level 5
- Ethan Peterson- Level 5
- JJ Leman- Level 5
- Thomas Kay- Level 5
- Ty Friedman- Level 5
- Aron Reid—Level 5
- Kaysic Lundquist- Level 4
- Isaiah Williams —Level 4
- Ty Phillips- Pre-Team

We are THRILLED to have such a strong team of male competitors this year, who work hard both in and out of the gym! Many of these boys are not only physically strong, but also academically strong and are involved in community service outside of the gym! Be sure to take time and see them compete this year!!!



“Make it a habit to tell people thank you. To express your appreciation sincerely and without the expectation of anything in return. Truly appreciate those around you and you’ll soon find many others around you. Truly appreciate life, and you’ll find that you have more of it.” Ralph Marston

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