



# Dynamic Dailies



Volume 1, Issue 1

September 2014

We're on the web!  
dynamicathleticcenter  
.org

## Flash Mob Week

# FLASHMOB



from one of the viewing windows! It's gonna be a great time!

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Recreational classes: be on the lookout every third week of the month (which is this week) for a special FLASH MOB, every day at the top of each hour! Be prepared to get your groove on and have fun! Parents, be sure to come at the

top of the hour and check out the fun

**Blood, Sweat, and Chalk!**

## NEW FACILITY PROGRESS

### "WHEN WILL THE NEW GYM BE OPEN?"

This is the question of the season, for sure, and we're just as excited as you to open those doors for the first time! Good news! Work is being done! Assuming all goes well, we are planning on an open date sometime in November. Hopefully, all the permits, funding, and weather will work together to make that happen in very real way!

So far, the land has been cleared and leveled, dirt has been brought in to create the appropriate foundation, plumbing and electrical work has started with the city, a fire-hydrant (city required) is being put in, and the beams are being raised, so the structure is taking shape!



Structure Beams Taking Shape

This is DYNAMIC news!! Thank you for your patience!

Continue to look on the website at our "Final Countdown" highlight video, and future newsletters for more information updating you on our progress! We'll be sure to keep you posted with more specific move dates and let you know how you can help!

### TAKE NOTE:

- \* Pre-school- still time to enroll your preschooler!
- \* 1st TEAM Payment is due TODAY (Sept. 15)!!!
- \* Don't forget to book your Fall Birthday Parties with us!
- \* OPEN GYM is on Saturdays!
- \* Coming Next Month- Halloween Sleep-Over!

Fall classes started with a bang with a record number of registrations! We have over 700 athletes signed up for classes! WOO-HOO!! Definitely time for that new gym! With a great two weeks under our belts, here's a few pointers that will help classes to run smoothly and help

your athlete perform their best:

**LOST AND FOUND is located at the top of the stairs in a big blue bin. All items will be donated at the end of every month, so be sure to find your lost items! Please only take items that belong to you!**

## Record Registration

- please remind your athletes that no food or drink is allowed in the gym. The team can bring in water bottles.
- please refrain from packing candy/sugary items in your children's snacks and dinners.
- remind your children that cell phones aren't allowed to come into the gym with them unless they have coach permission.
- remind your athletes that they need to stay in the

- building until they physically see their ride outside, especially with it getting darker earlier and cooler temperatures moving in.
- remind your athlete to pick up after themselves, especially during snacks and dinner. We share our building with another business, so remind them to treat the facility with respect.
- help your younger athletes find a cubby or wall spot for their bags that is out of the way.
- any questions, please don't hesitate to talk to your coach!

Welcome to all the new team members! We're excited you have chosen Dynamic as your competitive team to train with, and we're looking forward to a great year! Our girls team this year boasts 69 athletes, Xcel has 24, and our boys team is a mighty contender with 17 athletes this year! Watch out everyone! Dynamic has come to play! Fall season is the time

## Team Gymnastics

when we not only learn new skills, but perfect our routines for winter meet season! You all are looking amazing! Keep

**"If your athlete leaves their grips and can't find them, have them look in the grip basket in the preschool gym!"**

it up! It's a good idea for parents to start looking at hotels and booking them on-line for meets. Most hotels let you cancel if you give them 24 hour notice if you find you don't need all the days you originally thought! It's better to book early and cancel later than wait and end up having the hotel fill and end up across town!

If you see a lot of new faces around our gym, that's because we have hired many new coaches over the spring and summer to offer you the best athletic classes possible! Look out for these DYNAMIC instructors as you are in and out this fall!

- **Hannah Kraby**-Our pre-schoolers love Miss Hannah!
- **Marina Klyayn**- Graceful in every way, Marina brings many years of expert coaching!

## New Coaches

- **Alysse Moss**- Beginners will learn quickly with Alysse's gentle and competent approach!
- **Lily Hoch**- Her bubbly spirit and always-ready smile is sure to put a student at ease!
- **Chris Sarquilla**- experienced coach of boys and girls, gym maintenance, and over-all brave guy in a gym full of women!

- **Madison Royal**- Dancing is her passion! You can't help but love it too!
- **Ginny Conley**- Don't let her tiny size fool you! She has a huge heart for her students!
- **James Leman**- Pastor by day, FitRanX Instructor by night!
- **Holly Power**- Boy and Girls recreational classes, from pre-school to high school: Miss Holly does it all!

**WELCOME NEW COACHES!!**

Now would be a GREAT time to try out a FitRanX class! We currently have adult classes on Mondays from 8-9 p.m., and one on Fridays from 7-8 p.m.. It's a perfect way for you to get fit and toned while you're waiting for your athlete in their workout! Don't let

## FitRanX

your kids show you up physically! We already have SIX Rank 1s, and ONE Rank 2! Congrats to James, Dani, Melissa, Ginny, David, and Abby! If those times do not work for you, inquire about a

possible time that would, grab some friends to help fill the class, and see what happens!



**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

**Great News!**

Dynamic Athletic Center is now offering a 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 )

## ACTIVE LIFE LEARNING PRESCHOOL

We are SO excited about the start of our ACTIVE LIFE LEARNING PRESCHOOL this fall! Though we had hoped to be in the new gym at the start of the school-year, Adana and Miss Dawn worked their tails off to get our preschoolers their very own brand-new classroom, filled with all things preschool!

Our preschool teachers, Miss

Dawn and Miss Holly, are having a great time sharing the love of learning and fitness

**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!

with 6-8 "littles" every single day! What better way for a child to get ready to go to school than in an environment

that is conducive to how they were made . . . moving!!

We still have space in our preschool, so if you're interested at all, please contact the front desk for a information and a tour of the facility! And when the new facility opens, our preschoolers will have even more room to play, learn, and grow! From "ABCs" to Chin, Toes, and Knees, there's no stopping their imaginations!

## "DYNA"RITE

### DID YOU KNOW?

Our very own Adana Harris has been dreaming of building her own gym for years? Her decision to buy property in Northeast Spokane was business-smart b/c she is centralizing for all families of the Greater-Spokane area with the current and future North/South Corridor/FWY and Bigelow Gulch, and she will be a key business in area of town that is in process of being revitalized! DYNAMIC was represented at the most recent Greater Hillyard Business Association meeting, and the community and their leaders are excited for our new move! Look for highlights of local Hillyard business that you can support while waiting for your kids at practice in upcoming newsletters! Congrats Adana on building a lasting legacy into our community!

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!

"SO MUCH TO DO . . .  
AND ALL IN ONE PLACE"

With the start of fall means amazing things to bake! Check out this fun and healthy recipe submitted by:

**Applied Healthcare Associates**  
(Chiropractor/Massage/Alternative & Holistic Medicine)  
located at 1303 S. Grand Blvd.  
(509) 838-BACK

### Blustery Back to School Baked

#### Oatmeal

3 c oats  
1/2 t salt  
1 t cinnamon  
1/2 c shredded coconut (if desired)  
1 1/2 c unsweetened applesauce  
1 1/2 c milk (or sub. water, almond milk)

## FALL FUN



2 t vanilla  
4 eggs  
6 T melted coconut oil  
1/2 c chocolate chips (if desired)

Combine dry ingredients, add wet ingredients, and stir in melted coconut oil. Add choc. chips after warm oil has been dispersed. Spray 6 jumbo muffin tins and add 1 c of mixture, it will be full. Bake at 380 for 20-25 min (until liquid is gone and light crust has formed)  
Eat immediately or remove from pan, cool and refrigerate for warming for the next several days.

## DYNAMIC ATHLETIC CENTER CONTACT INFORMATION

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