

Minds In Motion!

April 2006

Pacific West Gymnastics
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Special points of interest:

- Bring A Friend Week & Gymnastics with the Stars Talent Show
- Pacific West Gymnastics offers a great new payment option!
- Important Safety Information for Parents & Students

Inside this issue:

Bring A Friend Week & Gymnastics with the Stars Talent Show 1

Health and Nutrition: Are you having a snack attack? 1

Pacific West Gymnastics offers a great new payment option! 1

ALL PARENTS & STUDENTS: Important Safety Information 1

Student of the Month: Samantha Pearlstein 2

Theme of the Month: Wild, Wild Weather 2

Upcoming Events 2

Happy Birthday to... 2

Bring A Friend Week & Gymnastics with the Stars Talent Show

We wanted to thank all Pacific West Gymnasts for helping us make Bring A Friend Week a SMASHING SUCCESS. Over Forty children came and played with their friends!

Have you watched Ice Skating with the Stars or Dancing with the Stars? Pacific West is pleased to an-

nounce that our very own Pacific West Gymnastics with the Stars is coming on April 29th. Your child will have the opportunity to show friends and family all of the fun and exciting skills that they are learning in class. There will be a \$10 enrollment fee for the Talent Show and all students that participate

will receive a Pacific West T-Shirt and a special gift! Make sure you mark your calendar.



Are you having a snack attack?

Snacking is a part of everybody's life. Many people often snack on high calorie, high-fat foods and then skimp on meals. The end result often being that our overall nutrition comes up short and most likely

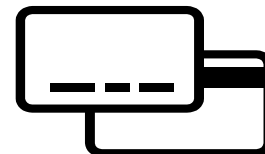
too high on calories. The trick to snacking is choosing foods that come in a variety of colors, include both carbohydrates and protein, eating the appropriate portion and be sure to plan ahead!

Some smart snack ideas are a piece of string cheese and a handful of baby carrots, a peanut butter and jelly sandwich with a small apple or 10 pretzels and 2 tablespoons of cranberries.

Pacific West Gymnastics offers a great new payment option!

Pacific West Gymnastics is pleased to announce a great new payment option for everyone at the gym, Autopay. Autopay allows us to keep your debit or credit card information on file so that we may charge

your card for you automatically the 1st of every month. You won't have to worry about remembering to drop off a check or late fees! To enroll in Autopay, just stop by the Front Desk!



ALL PARENTS & STUDENTS

It is very important that we are following all of Pacific West Gymnastics Rules & Policies. These Rules have been set so that we may provide a safe and structured environment for your child.

Please make sure that your child is not playing on the red carpet unless their instructor has instructed them to do so. Also, in the Big Gym there is a red line that is taped on the ground near the

bleachers. Parents and students should not cross that line (or play on the bars!) unless they are with their classes. If you have any questions about our Rules or Policies, please don't hesitate to ask!

Student of the Month: Samantha Pearlstein

Samantha just learned her bridge kickover AND she is all the way down in her Right Leg Splits! Her hard work and great attitude have helped her learn FAST!

She always brings a smile to class and encourages others to stay focused. GO SAMANTHA!

"No act of kindness, however small, is ever wasted"

Theme of the Month: Wild, Wild Weather

This month all Wiggle Worms will be working on twisting and turning! We are also practicing our Lunges & Handstands for Pacific West's Talent Show, *Gymnastics with the Stars*.

Upcoming Events

April 8th	2006 National Collegiate Women's Gymnastics West Regionals Maples Pavilion @ Stanford University 6 PM
April 29th	Gymnastics with the Stars 5 PM Friends & Family are invited to attend and root your child on as they showcase all of the skills that they've learned in their class. For more information see the Front Desk.
May 13th	Kid's Night Out 5 PM Kid's Night Out is a drop-in "child sitting" service designed to give parents a chance to have a night out without the worry of child-care. Boys and girls ages 5 to 12 are invited for a night of fun, games and pizza!

Pacific West Gymnastics wishes a Happy Birthday to...

- Ravnak Agrawal
- Galila Amedie
- Miranda Bernard
- Kyli Buccino
- Dacia Gonzalez
- Denise Gonzalez
- Alyssa Harmon
- Nikki Havey
- Lilian Mangrobang
- Suraj Marhotra
- Denesies Marrufo
- Declan North
- Amanda Parodi
- Krisha Shetty
- Noelani Takei
- Sydney Task
- Nijole West
- Joanna Yamakami