

The All-Around

July 2019



4TH OF JULY PARADE

Salute Gymnastics will be participating in the Exira 4th of July Parade. The parade begins at 10:30am and we will meet somewhere in the ball field to line up. The parade is around 2 miles, so please have your child bring a water, wear sunscreen, and leotards. Red, white and blue gear is acceptable, just make sure it doesn't get in the way of tumbling. We will be back around the ball field for pick up after the parade, or they can walk with us back up to the park. The Gaul family will be bringing a trailer for kids to ride on and if any parents want to ride along. It is a 20ft trailer and will have a bench, so be prepared to wave and smile at the crowd. A large group of Salute participants and parents would be awesome to show as we go through the parade route. The kids may bring their own candy to throw, if they choose, but we would rather see all their awesome tumbling skills along the route. After the parade, we will be performing in the city park 30 minutes after the conclusion of parade. The performance will be short, sweet and to the point (only about 20-30 minutes depending how many kids we have and how tired they after the parade).



UPCOMING PERFORMANCE

ATLANTICFEST, AUGUST 10TH

The AtlanticFest performance is at the entertainment stage at the City Park around 12:30pm on August 12th. The Chamber has changed how they are running things year and we have been moved back a bit. We will meet at the park between 12-12:15pm. We will perform in front of the stage on mats. This is another great opportunity to perform in front of a lot of people, especially those competing at the Iowa State Fair Tumbling Competition. All gymnasts are welcome and encouraged to perform, from beginner to advanced gymnasts. A sign-up sheet is on the bulletin board in the gym.

GYM CLOSINGS IN JULY

In addition to being closed for the July 4th holiday, the gym will be closed Wednesday, July 24th and Thursday, July 25th. If you normally have classes these days and would like to make up the class time, please notify Teresa prior to attending the make-up class.

TAKING TIME OFF (BREAK)

If you are taking time off from the gym, please notify Jeremy or Teresa in the office, email, etc. If you tell the instructor to your child's class, the information doesn't always get passed along.

OPEN GYM SCHEDULE

Salute Gymnastics will be offering one open gym in the month of July. The open gym will be from 10-11am on July 6th. There will be two open gyms in August (10th & 24th). Open gyms are available to all kids and will give your gymnasts time to work on their gymnastics skills or have fun for an hour. There is a \$5.00 fee for Salute gymnasts and \$8.00 for non-members.

ADVOCARE PRODUCTS

Rehydrate is a great alternative to Gatorade or Powerade, less sugar and helps with headaches, muscles aches, etc. (also comes in lots of great flavors). Our kids love it! Don't forget you can get your AdvoCare products through Salute Gymnastics. AdvoCare offers five lines of safe and effective products that support weight loss, sports nutrition, and energy. Each line is tailored to fit the needs of customers based on nutrition and wellness goals. Contact Teresa or visit www.advocare.com/180813081 for more information.

Contact us now about a birthday party at Salute Gymnastics!
Salutegymnastics@gmail.com or 712-254-9011