



# The Gymnastics Training Center

Begin here! Go Anywhere!  
The Tumbling Times

September 2009

## WELCOME to GTC!

Welcome to The Gymnastics Training Center where we are so excited to be celebrating our **33rd year** in the Farmington Valley! To our returning families, welcome back and **THANK YOU** for your continued support of our programs! To our new students and their families, we welcome you and look forward to getting to know you!

Our goal at GTC is to make sure that each child who participates in our program is made to feel special and is given the encouragement and instruction to learn and perform to the best of their ability in a well organized, safe and fun learning environment.

We've got lots of exciting things happening, so take a minute to read through the newsletter. Also, please be sure to read the welcome letter that pertains to your child's class. It can be found on the web or you may pick up a copy in the office. As always, we're here to help, so please contact us at 658-7340 ext. 201 if we can answer any questions for you!

Here's to a great year...thanks for joining us!

*Nancy and Chuck Ford*

## Inside This Issue:

- Staying Healthy
- GTC's Going Green
- GTC's Referral Program
- Recession Buster Birthdays!
- School's Out Gym Jam
- Parent's Night Out
- Visa Championships



GTC is going GREEN! Please stop by the office to confirm your email. All announcements, client statements and general information will be sent out via email. We will have copies available in the office and the information will be posted on our GTC website [www.gymnasticstrainingcenter.com](http://www.gymnasticstrainingcenter.com) as well.

## Join us in our effort to keep your children and their instructors healthy!

- **It's important to us that your child enjoys his or her gymnastics class, so if your child is sick, please keep him / her home to rest.** According to the CDC, people with flu-like symptoms should stay home for at least 24 hours after they no longer have a fever, or signs of a fever, without the use of fever-reducing medicines. They should stay home even if they are using anti-viral drugs. Please call us or email us to let us know that your child will be missing class due to illness.
- **Please encourage your child to practice good hand hygiene.** Please have your child wash his / her hands with soap before and after class. We have hand sanitizers in the locker room and upstairs office as well.
- **Please encourage your child to practice good respiratory etiquette.** Please teach your child to cover his / her nose and mouth with a tissue when coughing or sneezing (or a shirt sleeve or elbow if no tissue is available.)



## GTC loves to PARTY!

Any celebration deserves a party! At GTC we're happy to host the troops for you...Daisy, Brownie, Girl Scouts, Boy Scouts, as well as your birthday guests at **recession buster prices!** Check out our website or call for additional information.



# WOW!

## GTC Referral Plan



If your friends are looking for fun activities to do inside...here's an offer you can't pass up—**extended to our current members and their friends!**

- Clip and hand out referral coupons to non-member friends who you think would enjoy trying any of our preschool or recreational classes. Be sure to write your name on the coupon where it says "guest of". (coupons available in the office)
- If any of your friends come for a trial class, you will be entered into a drawing to win a **\$100 off of a semester** of classes.  
**AND**
- If, after their trial class, your friend registers for classes, you will get a **\$50 gift certificate** toward another session and they will get a **\$25 gift certificate** towards another session!

## School's Out Gym Jam!

School's out... but we'll be jammin' at GTC!  
Sign up for Morning Madness, Open Gym or Full Day Fun!

Monday, October 12, Columbus Day  
Wednesday, November 11, Veteran's Day

- **Morning Madness:** 9—11:30 am, ages 3 yrs. and up, must be potty trained. \$20 / members
- **Open Gym:** 1:30—4:00 pm, ages 5 yrs. and up. \$20 / member
- **Full Day Fun!:** 9:00—4:00 pm, ages 4 yrs. and up. \$55 / member

Non-members are welcome! Please add \$10.

## GTC Calendar

GTC is closed for classes on:

- September 7, Labor Day
- October 12, Columbus Day
- November 3, Election Day
- November 11, Veteran's Day
- November 26—28 Thanksgiving
- February 15—20, Winter Break
- April 19—24, Spring Break
- May 31, Memorial Day

Check out the fun activities below that will be offered on some of these dates!

# FUN!

**Attention Moms and Dads!** Treat your kids to an affordable evening of obstacle courses, pit play, inflatables, zany games, movies, pizza and more!

## Parent's Night Out

While they're having a blast with our creative staff, **you'll just have to find something to do by yourself—for over 3 hours!!**

When: The first Saturday night of each month beginning in October!

Time: 5:30—9:00 pm

Ages: 4 yrs. and up

Cost: \$25 / member, \$40 / two children, \$55 / 3 or more.

Non-members welcome! Add \$10.

**Pick up your card to become  
a**

**Frequent Fun Member**

**Attend 5 and get 1 FREE!**

## NEWS FLASH!

**USA Gymnastics** has awarded the **2010 VISA CHAMPIONSHIPS to Hartford!** The top men and women will be competing at the XL Center. So mark your calendars for August 11—14, 2009! Limited seats available through GTC...first come, first served!