



HEAT All Stars Newsletter

December 2008

CHRISTMAS OPEN HOUSE

We will be having our annual Christmas open house on Sunday, December 21st. You may drop in anytime between 2 - 4pm for refreshments and to socialize and visit with other members and coaches. We look forward to seeing you there!

PRIVATE LESSONS

We have developed a 'Private Lesson Sign-Up Book' and it is located in the parent viewing room on the bookshelf.

All private lessons must be documented in this book!!

There are instruction pages located at the beginning of the book and examples showing you how to write in your name and information. If you have any questions-please ask a coach, Amber, or Karen.

***Before adding any dates and times to the book, YOU MUST have permission from the coach!!!**

REMINDER: Private lesson payments are due on the day of the lesson. Be sure to write date, time and who the lesson was with on your payment envelope or check memo.

The cost for a **HALF HOUR** is \$20 per child

The costs for **ONE HOUR** are as follows:

Group = \$20/child (3-4 kids)

Semi = \$25/child (2 kids)

Private = \$40/child (1 kid)

2008 HOLIDAY SCHEDULE

Wed	12/24	Gym Closed
Thurs	12/25	Gym Closed
Fri	12/26	Gym Closed
Sat	12/27	Rec Team Practice 11:30 - 1:30 Private Lessons 10:00 - 1:00 No other practices or tumbling!!!
Sun	12/28	Firestorm Practice 11-2 Tumbling 4-5pm
Mon	12/29	Gym Closed
Tue	12/30	Make-up Tumbling 4-5pm, 5-6pm, 6-7pm
Wed	12/31	Gym Closed
Thurs	1/1	Gym Closed
Sat	1/3	Normal Schedule Resumes

TRAMPOLINE CLASSES

Sign up today for our trampoline class on **Wednesdays**

Flipping Fun - Learn various flips for strength and coordination 6-7pm

Flyers - Work on basket technique, twisting, and flexibility

Registration forms are available at the gym or online