

October 2011

# ULTIMATE

GYMNASTICS

Become a Fan of "The Ultimate Gymnastics Experience" for instant updates, photo access, invitations to special events & more.



## SPOOKY FLASHLIGHT CANDY HUNT & COSTUME CONTEST

Come Join us for games, prizes, costume contest and FREE CANDY

**WHEN: FRIDAY, OCTOBER 21ST (7:00-9:00PM)**

**WHO: AGES 5 AND UP**

**COST: \$15**

**HOW: SIGN UP IN ADVANCE AT THE FRONT OFFICE**

**BRING: BRING YOUR OWN FLASHLIGHT, COSTUME & A CHANGE OF COMFY CLOTHING!!**



Don't Forget to bring your flashlight!  
Parent's must drop off & return promptly @ 9:00pm

# HALLOWEEN FUN WEEK!

From October 25th - 31st we will be having a fun "Trick or Treat Week". Our gymnasts will play games, learn gymnastics, and receive a goodie bag for Trick or Treating at each station/event! We will also be playing games, doing a big obstacle course, playing in the pit, and jumping on the tumble track.

**Don't Miss out of all the fun!**



GAMES,  
PRIZES, CANDY

## OUR ULTIMATE GYMNASTS WIN AT THE 2011 APPLE CLASSIC!

Elizabeth Coffin - 1st on Vault  
Sara Nall - 1st on Vault  
Arantxa Villa - 1st on Beam  
Mikayla Brown - 1st on Bars, Floor & All-Around  
Sarah Davis - 1st on Vault, Beam, Floor & All-Around  
Allie Herbert - 1st on Vault, Bars & Floor  
Samantha Himmelbaum - 1st on Floor & All-Around  
Kayley Darling - 1st on Vault  
Davis Henry - 1st on Bars  
Morgan Langley - 1st on Bars & All-Around  
Irene Laws - 1st on Floor & All-Around  
Caroline Ursprung - 1st on Vault, Bars, Floor & All-Around  
Amirah Boyd - 1st on Beam  
Allison Lopez - 1st on Beam & Floor  
Kathryn Chapple - 1st on Floor  
Aidan Boulton - 1st on Beam  
Rachel Aycock - 1st on Beam & All-Around  
Maya Laws - 1st on Vault  
Lindsey Adler - 1st on Beam  
Kendal Reeves - 1st on Floor  
Devon Thomas - 1st on Vault & Bars  
Lindsey Garmon - 1st on Beam  
Georgie Ward - 1st on Floor  
Ashlyn D'Alonzo - 1st on Floor  
Yanhyah Laborde - 1st on Floor



**LEOTARD SALE:**  
**SEPT 28 - OCT 2**  
**BUY 1 GET 1 1/2 OFF**

# CONGRATS!



**COME SEE OUR TEAMS COMPETE  
@ THE 2011 ULTIMATE CLASSIC**

**SATURDAY, OCTOBER 1**  
Level 6/7/8 - 9:00am  
Level 6 - 11:45am  
Level 4 - 2:55pm  
Level 4 - 6:15pm

**SUNDAY, OCTOBER 2**  
Level 5 - 9:20am & 1:20pm

[Click here](#) to view the 2011 August Newsletter

[Click here](#) to view the 2011 September Newsletter

ULTIMATE GYMNASTICS NOW OFFERS...

## RHYTHMIC GYMNASTICS!

Tuesdays 5:30-7:00

For Girls - 7 years old & up

### What is Rhythmic Gymnastics:

Rhythmic gymnastics combines ballet and creative movements to music, while working with ribbons, balls, hoops, ropes and clubs in a choreographed dance-and-tumble routine. It has a lot more dance than artistic (regular) gymnastics. Everything is done on the floor.



### What is the difference between regular (artistic) gymnastics & rhythmic gymnastics?

There are two kinds of gymnastics: rhythmic gymnastics and artistic gymnastics. The kind of gymnastics most of us are familiar with is artistic gymnastics. Women's artistic gymnastics includes uneven bars, balance beam, vault and floor exercise. Rhythmic gymnastics includes ball, hoop, ribbon, rope, clubs and sometimes floor exercise.



### CONGRATULATIONS TO OUR... STAR STUDENT

Hailey Bursiinger is October's STAR STUDENT of the month. Hailey is only 5 years old and already on our 2nd highest level of preteam. Hailey's talent was recognized at 2010 Ultimate Spring Fling where the coaches noticed her pretty STRAIGHT LEGS & PRETTY POINTED TOES! We are all very proud of Hailey!

All star students will receive a **FREE T-Shirt & Water Bottle**

### CONGRATULATIONS TO OUR... FREE TUITION WINNER

Congratulations to Sheri Husky! She is September's winners of our **FREE** tuition raffle! Remember, for each referral you send our way which sign up for a month of gymnastics, you will get a raffle ticket in our **FREE TUITION RAFFLE BASKET!** If we draw your child's name she will **WIN** 1 month's free tuition (up to \$65 in value). The more people you refer the more tickets will be placed in the basket.

### JOIN US ON FACEBOOK

Become a Fan of "The Ultimate Gymnastics Experience" for instant updates, photo access, invitations to special events & more. Did you know that we have **FREE** wireless internet for all Customers? See Pam for the password.



# Ultimate Holiday Camps

3 Day Camp: November 21-23 or December 19-21

1 Day Camp: Monday October 10th or January 16th

3 Days of Camp: \$125

1 Day of Camp: \$50

## Preschool Camp (3-5 year olds)

Gymnasts will play games, have fun and learn more gymnastics

## Recreational Students (Ages Kindergarten and Up)

Gymnasts will have a day of training like a gymnast in the Jr. Olympic Program in a fun and motivational atmosphere.

## Competitive Team Members (Hot Shotz, Gymstars and Levels 3-6)

Gymnasts will focus on training skills for the next competitive level

### Sample Recreational Student Holiday Camp Schedule: (9:30am-2:30pm)

9:30-10:00 - Group Warm up  
10:00-10:30 - Floor  
10:30-11:00 - Tumble Track  
11:00-11:30 - Games  
11:30-12:30 - Sack Lunch and Movie on the Big Screen  
12:30-1:00 - Bingo with special prizes  
1:00-1:30 - Bars  
1:30-2:00 - Beam  
2:00-2:30 - Vault

### Sample Competitive Team Holiday Camp Schedule: (9:30am-2:30pm)

9:30-10:00 - Big Group Warm up  
10:00-10:30 - Bars  
10:30-11:00 - Beam  
11:00-11:30 - Vault  
11:30-12:30 - Sack Lunch and Movie on the Big Screen  
12:30-1:00 - Bingo with special prizes  
1:00-1:30 - Games  
1:30-2:00 - Floor  
2:00-2:30 - Tumble Track

### Sample Preschool Holiday Camp Schedule: (9:30am-2:30pm)

9:30-10:00 - Warm up  
10:00-11:00 - Gymnastics  
11:00-11:30 - Games  
11:30-12:30 - Sack Lunch and Movie on the Big Screen  
12:30-1:00 - Bingo with special prizes  
1:00-1:30 - Gymnastics  
1:30-2:00 - Games  
2:00-2:30 - Gymnastics

### Gym Closings

Nov. 23 - 27:  
Thanksgiving

Dec. 18 - Jan. 1:  
Winter Break



Sign up TODAY!

**Dear Valued Customer,**

Ultimate Gymnastics is dedicated to providing you with the best gymnastics service available. Please help us achieve this goal by providing feedback on your child's gymnastics experience.

When our service has met your expectations, we want to hear about it. **If a member of our staff went above and beyond,** please let us know so that we can commend them for you.

If we have failed to provide the service that you expected, we hope that you will tell us why. We take great pride in what we do and try to learn from those instances where we fall short. We value your business and thank you for allowing your child to participate in our program.

Sincerely,  
The Owners of Ultimate Gymnastics  
Contessa Marquis, Caren Martin, Sharon Kelly

**PLEASE RATE US:**

Please rate our services and drop off this form in the white payment box located at the front desk.

10 being the highest and 1 being the lowest

Facility:

1 2 3 4 5 6 7 8 9 10

Our Viewing Area:

1 2 3 4 5 6 7 8 9 10

Our Office Staff:

1 2 3 4 5 6 7 8 9 10

Our Star/Level Mobility Process:

1 2 3 4 5 6 7 8 9 10

Your Child's Instructor:

1 2 3 4 5 6 7 8 9 10

Your Child's Instructor's Appearance:

1 2 3 4 5 6 7 8 9 10

Our Proshop:

1 2 3 4 5 6 7 8 9 10

Our Owners:

1 2 3 4 5 6 7 8 9 10

Our Parent Communication:

1 2 3 4 5 6 7 8 9 10

Your Child's Learning Experience:

1 2 3 4 5 6 7 8 9 10

Your Child's Fun Experience:

1 2 3 4 5 6 7 8 9 10

**Each customer's experience is very important to us. Please take a moment to share your thoughts about your experience at Ultimate Gymnastics. We are constantly striving to improve overall customer satisfaction. It is important for us to recognize any staff that provides exceptional service. It is equally important for us to help any staff who is not providing the services that you are paying for. Filling out this form allows us to address our staff directly and work with them to improve.**

Comments:

---

---

---

---

Your Child's Instructor's Name: \_\_\_\_\_