

Ultimate

GYMNASTICS



WEAR YOUR ULTIMATE T-SHIRT = GET FREE STUFF

NATIONAL GYMNASTICS DAY IS ON SATURDAY, SEPTEMBER 17

In Celebration of [National Gymnastics Day](#), we are asking all of our gymnasts to **wear an Ultimate Gymnastics T-Shirt to school on Monday, September 19!** The owners will be out in the community spreading the word about gymnastics. If you are seen anywhere (except at the gym) on September 19 wearing an Ultimate Gymnastics T-Shirt we will write your name on our Free Stuff List to receive a **free** water bottle, pencil or sunglasses from our pro-shop. National Gymnastics Day has two goals: to increase excitement and raise awareness for the sport of gymnastics and to raise money for the Children's Miracle Network through the Tyson Fitness Challenge.

National Gymnastics Day was established in 1999 as a platform to showcase the many benefits of gymnastics, as well as promoting the ideals of physical fitness and community service nationwide.

National Gymnastics Day is celebrated by thousands of gymnasts and gymnastics clubs across the country. Legendary gymnastics coach Bela Karolyi is the chairman of National Gymnastics Day.

Wear your Ultimate Gymnastics T-Shirt to the [Duluth Fall Festival](#) and if 1 of the owners see you there they will give you a certificate for a **free** water bottle, pencil or sunglasses.

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Ultimate Holiday Camps

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

1 Day Camp: Monday, 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!

Come Join Us for our next OPEN GYM :

Come practice on the gymnastics events YOU want to do and the skills you want to achieve! All events will be supervised!

Open Gym is available for any level gymnast. All team (Level 3-10), pre-team and recreational students!

WHEN: SATURDAY, SEPTEMBER 24TH & OCTOBER 29TH (1:30-3:30)

WHO: AGES 5 AND UP

COST: \$20

HOW: SIGN UP IN ADVANCE AT THE FRONT OFFICE

HOW: SEND YOUR CHILD WITH A SNACK IF SHE NEEDS ONE. WE WILL NOT PROVIDE ANY FOOD OR DRINKS

Make up Classes:

In the event that your child misses a class due to illness, vacation, etc, you may sign up for a complimentary FRIDAY make-up class.

School Age

4:00-5:00

Preschool

5:00-5:45

Please sign up in advance to guarantee your spot!

Make up classes are not offered for days that we are closed for holidays.

There are no make up classes available for gymnasts on a team or preteam.

Did you miss the 2011 August Newsletter? [Click here](#) to view

Birthday Parties:

- 1 hour of gymnastics, trampoline, obstacle Course, parachute, inflatable bouncy house and games
- 1/2 hour for cake and presents
- Tables, table cloths & chairs
- Inflated Balloons
- Ultimate Gymnastics water bottle for each guest (great to put candy in for a "goodie bag")
- A **FIRST PLACE MEDAL** and a brief awards ceremony for the birthday girl/boy
- Gymnastics Invitations

Party Times:

Friday - 1:30am

Saturdays - 1:30pm or 3:30pm

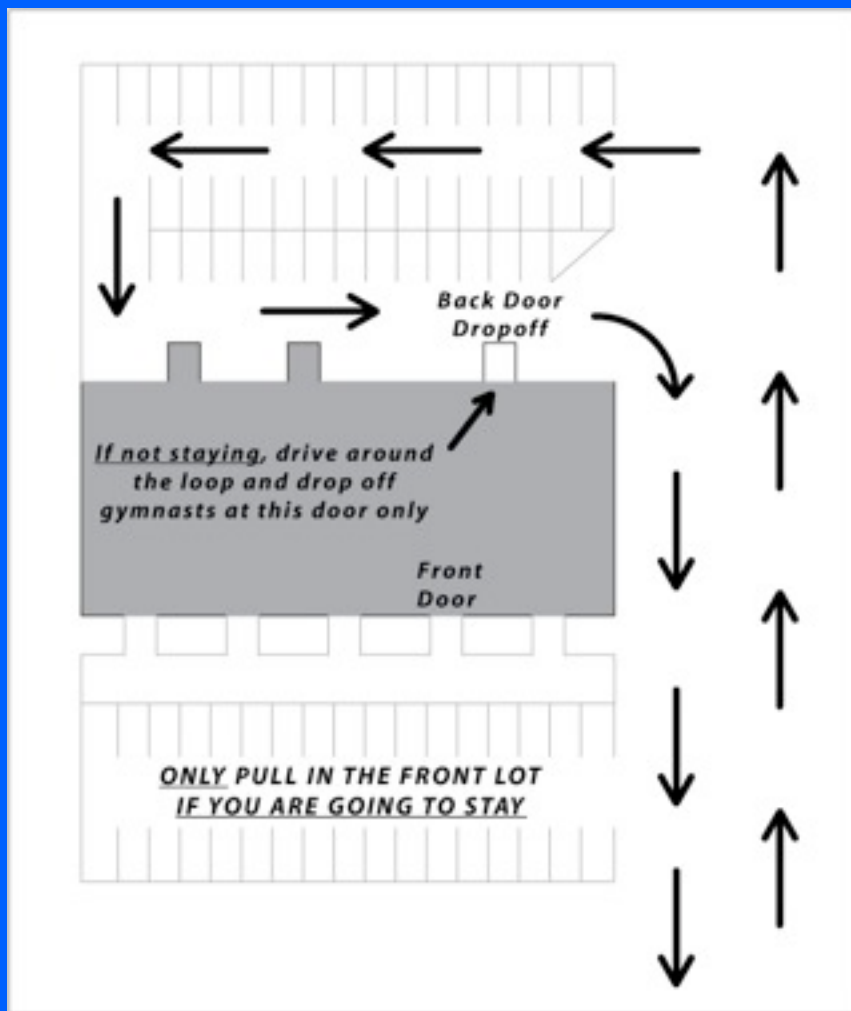


Birthday Parties are available upon request. If you would like a party email us at ultgym1@yahoo.com your Date and Time preference. Please give us 2 options.

ULTIMATE DROP & DRIVE

To insure the safety of our customers we would like all parents who are dropping off their child and NOT staying to watch their child's gymnastics; to PLEASE use the drop and drive plan shown. This will help the flow of traffic during our busiest hours and allow everyone to have a better parking lot experience. Parents who are not parked in a parking space will be towed & PLEASE save our handicap spots for those with true disabilities.

Thank you in advance for your cooperation!

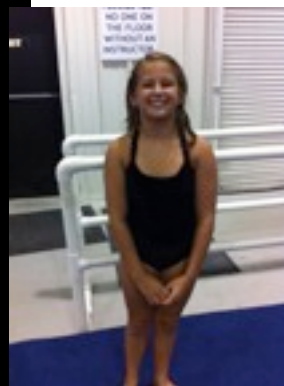


CONGRATULATIONS TO OUR... STAR STUDENT



Annalise Rosati is September's STAR STUDENT of the month. She has been with us since 2005. Annalise started in our preschool program and has progressed to our highest level: Advanced. Annalise understands the importance of hard work but still having fun! Annalise's smile lights up the gym every week and we are proud to make her our star student!

All Star Students will receive a FREE T-Shirt & Water Bottle



NO MORE LATE FEES:
A Monthly Automatic Draft is available for no additional fee. To have your child's monthly tuition automatically applied to your Master or Visa Card stop by the desk and fill out an Authorization Form or [click here](#) to print one! These forms have to be updated annually. If you were on automatic draft last year and would like to continue to be in this program, you will need to fill out a new form and turn it into the front desk.



CONGRATULATIONS TO OUR LEVEL 5 & 6 FOR A GREAT FIRST MEET

Our Level 5 and 6 Teams competed in their first meet of the season the weekend of August 27th and 28th. Congratulations to our all of our first place champions...

Alexis Potts - 1st Place on Vault
Nina Bell - 1st Place on Vault
Caroline Ursprung - 1st Place on Bars and Floor
Ansley Brown - 1st Place on Vault, Beam & All-Around
Allison Lopez - 1st Place on Floor
Jennifer Levine - 1st Place on Floor
Aidan Boulton - 1st Place on Beam
Kathryn Twardos - 1st All-Around
Sophia Sasso - 1st Place on Beam & Floor
Lindsey Adler - 1st Place on Beam
Maya Laws - 1st on Floor & All-Around
Rachel Aycock - 1st on Bars
Morgan Broniec - 1st on Bars
Meredith Timms - 1st on Vault
Kendal Reeves - 1st on Floor

Congratulations to Lyle Hoge! 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.**

Drawings are held the last business day of the month

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





BRING A FRIEND PASS

Give this pass to a friend & they can join you for class! Gymnastics is fun but it's even more fun WITH A FRIEND!

Our recreational students can now bring a friend (close in age) with them to share the "Ultimate Gymnastics Experience"! This pass will allow your friend to attend 1 FREE class with you (between August and December)!

The following information must be filled out and signed by the friend's parent.

NAME OF FRIEND YOU ARE JOINING TODAY: _____

CHILD'S NAME: _____ DOB: _____

PARENT'S NAME: _____

ADDRESS: _____ PHONE: _____

In consideration of participating in any program at Ultimate Gymnastics Center I represent that I understand the nature of this activity and that I am qualified, in good health, and in proper physical condition to participate in such an activity. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the activity. I fully accept and assume all such risks and all responsibility for losses, cost and damages I incur as a result of my participation in the activity. I hereby release, discharge, and covenant not to sue the above said Ultimate Gymnastics, its respective managers, administrators, directors, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place from all liability, claims, demands, losses, or damages on my account.

ASSUMPTION OF RISK: Participation in gymnastics involves motion, rotation, and height in a unique environment and as such, carries with it a degree of risk. Catastrophic injury, paralysis, or even death can result from conduct of the activity. I hereby accept and assume such risks and responsibility for any losses and/or damages arising from any illness, injury, disability, paralysis or death of the above-named participant, however caused and whether caused in whole or in part by the negligence of Ultimate Gymnastics Center, its owners, coaches, or employees.

I have read the RELEASE and WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, and understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding shall continue in full force and effect.

PARENTAL CONSENT

AND, I THE minor's parent and/or legal guardian, understand the nature of the above referenced activities waive and release any and all rights against Ultimate Gymnastics Center, its respective administrators, directors, agents, officers, volunteers, employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place from all liability, claims, demands, losses, injury, or damages that may be suffered by me or my children (minor) in connection with our association or entry in gymnastics, or other activities sponsored by Ultimate Gymnastics Center, LLC.

Parent Signature _____ Date: _____

BRING A FRIEND RESERVATION

BE SURE TO CALL US AT LEAST 1 DAY AHEAD OF TIME TO NOTIFY US THAT YOU WILL BE JOINING YOUR FRIEND FOR CLASS SO WE CAN ADD AN ADDITIONAL INSTRUCTOR TO THE CLASS IF NEEDED (770-623-8212)

All individuals are limited to one free class per calendar year. In the event you would like to return, payment for participation is required.