



# Newsletter



tricksgym.com

Granite Bay 791-4GYM

Folsom 351-0024

Sacramento 481-4GYM

Winter 2015

## Welcome 2015



This year we begin our 25<sup>th</sup> year in business. It's hard to believe it! This picture was taken in 1991 just shortly after we opened our first location. We were 29 (Vern) and 26 (Bjo) and had a 6 month old.

Our driving force was knowing that this is what we were meant to do with our lives.

I (Bjo) was reluctant to start something this big. I had owned my own gymnastics business in Utah and knew how much work it was. Vern has a business degree and wanted a new direction for our life together. We settled it by praying for an answer to our dilemma and within minutes we both knew that this is what we needed to do. Neither of us knew exactly what was in store, but with faith and a lot of hard work, we started a gymnastics and dance business in Roseville in 1990.

It didn't take long before we knew that Folsom could support a TRICKS too! In 1993 we opened a second location in Folsom and in 1997 a third in Sacramento.

We had outgrown our 6,080 sq ft Roseville location, so we moved across the street to our current location in 1998. (8 days after our 4<sup>th</sup> child was born :-)) In the fall of 2004, we moved our dance program to the adjacent building in Granite Bay and started PolkaDots, our pro shop. We also started a preschool in that location and named it CampUs. In the fall of 2005 we moved Folsom to it's current building and added a swim program for the first time.

I feel emotional just typing this and remembering how amazing those years were!! Crazy busy and crazy good. We feel so blessed to be in a business that is wholesome and positive. Thank you from the bottom of our hearts and here's to 25 more!!

## BIRTHDAY TREASURE CHEST

You'll be getting a "Happy Birthday" email from us the week of your child's birthday. Let our friendly office people or your host know that you got the email and after class your child can choose a treasure.



## Graduation Celebration!

It's time for some pomp and circumstance for our graduates! We haven't made a public announcement in the past, but please get ready to cheer when you hear the **Graduation Bell** being rung!

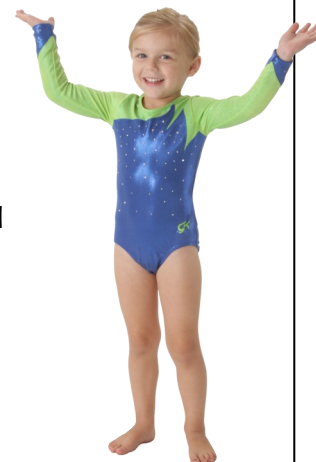
Something clicked in my mind at the **CalElite Summit** we went to in December. I realized that we need to celebrate our gymnasts, dancers and swimmers more openly. They work hard to move up a level and have earned some cheering.

"If you have good thoughts, they will shine out of your face like sunbeams and you will always look lovely."

Roald Dahl

## NEW!

Exciting things are coming February 1<sup>st</sup> to make your life at TRICKS more convenient. You will be able to register and pay for classes, date nights, camps and birthday parties online! You won't even need to call us, (though we love to talk to you).



## Date Nights

If you allow push notifications on our app, you can get reminders on what week it is and possible specials on date nights that are not sold out.

**February 14<sup>th</sup>**  
**Valentines!**  
**5:00p-9:00p**



Extra time to give you special time with your sweetie. Book this one early.

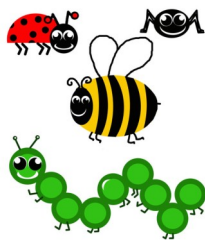
\$40 & \$35 siblings—pre reg  
\$45 & \$40 sibling—day of



**MARCH 14<sup>th</sup>**  
**TREASURE**  
**HUNTER'S**  
**6:00p-9:00p**

\$25 & \$23 sibs pre reg

**Creepy**  
**Crawly**  
**April 18<sup>th</sup>**  
**6:00p-9:00p**  
\$25 & \$23 pre reg



## Best Brain Prep

Old ideas about how kids learn best are being questioned. A quiet, organized and calm environment used to be considered the best way for a child to learn. New studies show that an environment whirring with activity and sound is what best trains the brain for learning and retaining information. No wonder gymnasts always do so well in school.



**Building stronger children everyday!**

## Why do we do that?

**Q. Why do we set up the TumbleBunny gyms in circuits?**

A. To teach a skill called sequencing. Moving from one piece of equipment to the next in order, or in a circle, trains the brain for reading. A child must first be able to move their body from one thing to another (in order) before they can read one word after another.

**Q. Why do we have 45 minute swim classes when everyone else does 30?**

A. We are striving to teach life skills along with swim skills. Our swim director, Matthew, is absolutely passionate about our mission statement.

**Q. Why do our teachers wear a uniform?**

A. So that they are easily recognized and so that we feel like a team—all working together to do good things for kids.

## PARKING LOT SAFETY

Just so that we keep our kids safe at all times..

- \* Please slow to 5 mph when pulling into the lot.
- \* Back out slowly.
- \* Escort your children by the hand. Especially keep track of those exceptionally independent ones that will not only wander out to the parking lot alone, but may start the car and drive home given the chance.

## Self Confidence

Through the challenge of learning gymnastics skills, dance steps/sequences and swim skills, our students gain confidence. This improved self confidence will help your child all areas of their life.

**“Be brave. Say yes.” (Your dreams can hear you.)**



## Fun for Parents

The TRICKS magnet game is still in full swing. All of our managers have \$50 gift certificates with them at all times. We are out looking for cars with a TRICKS magnet on them. When we find yours, we'll leave the certificate under the windshield wiper.

## FaceBook Parent of the Month

When you leave us comments, or even like us on FB, you are entered into a drawing for a \$25 Starbucks Gift Certificate. We announce the winner on FB.

A big welcome to all of our new TRICKS families!  
We're glad you're here with the rest of us.

Thanks for reading—Barbara Jo Taylor