



NEWSLETTER

Granite Bay 791-4496

Folsom 351-0024

Sacramento 481-4496

April/May 2014

Dress the Part

After 23 1/2 years of doing business, this is the first time we are truly enforcing our dress code for gymnasts and we're continuing to focus on dancers being in correct attire. Dance dress code is posted.

So what is the dress code for gymnastics?

Age 0-5 Leotard or t-shirt and shorts/pants in winter
Hair in pony if long.

Age 6+ Leotard for girls, no jewelry, hair up tight.
Boys: shorts and fitted t-shirt tucked in.

I took over a class of Level 2 girls and the first class they were in baggy t-shirts. By the 4th week with them, all of the girls are in a leotard (shorts are ok over the leo) and they are acting more like gymnasts, not to mention how much easier it is to coach a gymnast that is in the proper clothing. Coaches need to see those ribs, belly, back and shoulders. We don't like getting caught up in a t-shirt when spotting.

To make the leap into a leotard, we are putting every single leotard on sale for the month of April.

You can take 20% off

as many leos as you would like. Dancers will be receiving a discount card that will make you eligible to get 20% off shoes, skirts, jazz pants, tights and a leo. Thank you in advance for adhering to our dress code.



Five fun weeks of camp!

Five brand new themes! Sign up for any five days by March 31st and receive the exclusive and really cool camp t-shirt.

Look for a flyer with dates, times and prices.

NEW TRICKS Group Dance

If you're friends with us on **Facebook** you can just click on the link. We always have fun learning a group dance. Thank you to Joni Rivera for the choreography. The part with the giant waterfall was filmed in Houston when we took the team kids to the Olympic Training Center for a clinic.

<https://www.youtube.com/watch?v=YJwsV6KbE1o>

KCRA's A*List

We're having a little TRICKS friendly competition this year. We've set a goal for each location as far as how many votes. When your TRICKS reaches their goal we're having a popsicle party!! Please mention your location in your comment when voting.

Make Ups

Thank you for calling in when you're going to be absent. It makes room in your class for someone to do a make up. In order to be eligible for a make up, you are required to call in or email us. Log onto our website for a link to your gym's/studio's email address.

tricksgym.com or tricksdance.com

It's under "contact us" at the bottom.

Remember that tuition is based on your enrollment in the class you selected, not how many times you attend. You must be currently enrolled in a class to do a make-up class.

Dates to Remember

Apr 5 COMP Meet in GB

Apr 13-20 CLOSED Spring Break

OPEN for Camps

May 5-10 See's Candy

May 10 Mother's Day Date Night

Upcoming Theme Weeks

Bunny Week

Bugs Week

Sideways Week

Finish Week

Repeat and then Jungle

Swim

Swim classes are always in full swing at our Folsom location. Did you know that when you sign up your child for any 2nd class thru **TRICKS**, we take 20% off of your tuition for every single class? It's true! And remember, that goes for your 3rd or 4th class too!

This is the most popular time for swim classes, but it's not too late to sign up. Our classes are on going, and as many times a week as you would like. The pool is always warm and our coaches are fantastic!

Call today! 351-0024

Mother's Day

Date Nite

6:45p-9:45p

\$25 & \$20 for siblings

May 10th

This is a very popular event since we host it the Saturday night before Mother's Day.

This is your chance for some "me" time.

Go get pampered.



Kid Quotes

"I swear from the day I was born I was meant to do gymnastics!"

~Cambria (Age 5)

"Don't forget, You're in my heart forever"

~Ella (Age 5)

Dance



Most of our dance classes are busy preparing for our "Rockin With the Radio" recital in June, but we still have a wide selection of classes available to you or your friends. And now we're opening new classes with just 2 dancers! Remember you get 20% off all your tuition when you add a second class.

Sign Language

There is a lot of recent interest in baby sign language. We introduced sign to preschool age children in 1999. Research shows that signing babies understand more words, have larger vocabularies and engage more in sophisticated play than non-signing babies. They also exhibit less frustration, increased communication and enriched parent-infant bonding.

We start signing in the BabyGym class, which starts at 10 weeks and 10 pounds. It's very fun and very beneficial for babies and for parents.

We love you Moms!

"In the sheltered simplicity of the first days after a child is born, one sees again the magical closed circle, the miraculous sense of two people existing only for each other."

-Anne Morrow Lindbergh

The week before Mother's Day, we want to acknowledge you for all the "unsung" things you do as moms.

Your host will be bringing by See's Chocolates.

We just want to say, "Way to go, Mom!" You're an awesome nurse, teacher, role model, bottom wiper, bath giver, story teller, hugger, kisser, cleaner, cook, laundry doer, comforter, taxi driver, and best friend!" You're doing a great job! We have See's for our awesome Dad's too!



TRICKS AGILITY GYMNASTICS

I've never seen so much sweat and so much smiling! Boys dig this class, but girls are more than welcome in our TAG classes.

This concept is all about moving.

There isn't an emphasis on pointed toes or beautiful finishes. How can we get from here to there in the most efficient way? Up and over, swinging, balancing, running and climbing are all part of these cool classes.

Available in Sacramento and Granite Bay.

Zero to Three



Those are the critical brain development years for your child. We realize this at **TRICKS** and have created a very unique and unprecedented program for this age group.

These are the years that your child is building a foundation for all future learning. The more your child moves, the bigger the brain capacity grows.

Do everything you can to give your child new and diverse experiences. Everything from feeling grass under their feet, to spinning with you in your family room.

Our classes help to build cognitive awareness and a greatly increased vocabulary among a 100 other things! Age 3-8 is another critical stage of development. Keep your kids moving!

Thanks for reading the newsletter!
Barbara Jo