



Newsletter

Granite Bay 791-4GYM

Folsom 351-0024

Sacramento 481-4GYM

July & Aug 2013

Penny Summer

Responsibility Ribbon Awards Ceremony – August 5-10



We look forward to the end of our summer program in just a few short weeks. It is a very special time when all the pennies come back, hopefully along with lots of extra, and go to help a worthy cause.

Each and every child will receive a beautiful rainbow ribbon as a reminder of the summer they saved pennies.

Bring your camera! The penny ceremony will be the last 15-25 minutes of your child's regular class time. We'll remind you the week before.

Thank you parents for getting behind this "be responsible for your pennies" idea. It's a very special privilege we have to teach all ages of gymnasts, dancers and swimmers about giving back. Remember that the teachers will be telling the children that it is their choice to bring back the pennies or keep them. After all, we gave them to your child.

This is such a rewarding event. The children always end up teaching us more than we ever hope to teach them.

Super Hero Date Night

Do you need a little break? We love spending 3 hours playing, laughing and wearing out your kids for you. Every Date Night includes plenty of gym activity, a snack and a craft. This Date Night will include flying Lessons, so if your child has a cape, send it with them.

Super Hero July 19 Sac and GB
July 20 Folsom

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

The Danish Performing Team

Two years ago we went out on a limb and trusted one of our colleagues in San Diego. She and her husband had hosted a team from Denmark and loved the experience. We really had no idea what kind of quality performance the team put on, so while we did host them, we didn't go crazy promoting the events.

Well let me tell you, we are going CRAZY for them now!!! We were blown away by the quality and upper level gymnastics performance they put on. Now you can come and see why we were so "Wowed" two years ago. We are looking forward to hosting them again July 26-29th.

They will be performing at these locations;

Folsom TRICKS Facility on July 26 at 7:00 pm

&

Granite Bay High School football field July 27th at 7:00 pm

The event is free to all, but we will be asking for donations to help cover the cost of renting their U Haul and paying for gas. Suggested donation is \$5 per person or \$20 per family.

COMPARING

Occasionally we hear a parent negatively comparing his/her child to another child in the class.

Please remember that even though the children are the same level, one could be very close to graduating, while others are just starting that level.

Each child is an individual and will progress at a different rate. We beg you not to put pressure on your child to perform like "so and so." This can be extremely discouraging to a child. We are doing all we can to encourage them in a positive way. Join us!!

Recital Wrap Up

It is amazing what can be accomplished with some lights, music, hard work, practice, great imagination, sparkling costumes, a great theme, a little luck and the cutest dancers on earth!

Costumes were adorable, hairdos and hugs, flowers and photos all played part in the evening's magic.

Our theme this year of *"America the Beautiful"* was inspiring and fun to see—crossing America with our foreign traveler. We would like to thank our managers: Kirsten Meyer and Rebecca George for their countless hours of devotion. You ladies are an inspiration. We also are forever grateful for our teachers. We had a staff meeting where we shared our favorite moments from recital. Inevitably, they were about your children—the looks on their faces when they came off the stage, or the cute things they said waiting to go on stage, or on the way back to their seat. It is such a pleasure to be involved in a quality production that involves children.

We also need to thank all the volunteer parents. What you do is very important and appreciated so much. When it was all over, I was sad and ready to do it again! Good thing our winter show is right around the corner.

Barbara Jo Taylor ~ Tricks Dance Director

New Lesson Plan Curriculum

We have recently welcomed Cheleyne Summerhays back into our TRICKS family. She brings with her an extensive dance background and incredible organizational skills. She has been "key" in helping with the changes we're making in our dance program. One of the most important is our curriculum. It's the heart of what we do.

We're focusing more attention on technique, terminology and progression. You may also notice that we are working on mastering dance steps and skills for an entire month and not changing every week like we used to do.

This new approach will help master fundamental skills and reinforce important concepts.

New Levels Offered

Ballet Only (age 4 & 5)

We have had many requests for this class over the years.

Intermediate Ballet & Tap (4 & 5)

This class has been designed for students that have performed in at least one of our shows on stage, are good listeners, can follow directions from the teacher and love to dance. Your teacher must graduate your child from their current class to go into this one.

Ages 6–17 now have single genre classes to choose from after being graduated from a beginning "combo" (combination) class. We hope that the beginning class will spark an interest in your dancer to focus on a specific genre.

We encourage age 6 and up dancers to be in more than one class per week.

Ballet is the Foundation

The health benefits of taking ballet lessons are endless. Ballet is a form of exercise that requires the dancer to work many of the major muscle groups at once. Ballet lessons also promote strength and flexibility, as many of the traditional steps of ballet require strong, limber bodies. Balance is also a benefit of ballet lessons, as ballet dancers must learn how to properly control every part of their bodies while holding perfect posture.

Ballet lessons also help to foster a positive self image. Ballet can enforce self-confidence, self-discipline, poise and grace. A child introduced to dance at an early age will likely develop a love of the arts and a passion for rhythm and movement.

Changes We've Made

Tiny TuTu's are for age 2 only instead of starting at 18 months

FairyTale and Combo Classes are age 3 instead of age 3 & 4

Age 8-12 Classes are now ages 9-12 for beginning and 9-17 for intermediate and advanced.

All classes for ages 6+ are now **55 minutes** (Tuition \$61)

Watch for dancer attire requirements posted in your studio.

Graduation Procedure

We are working with our teachers to ensure that you are given a graduation slip to show the office when your dancer graduates. The office will require it for intermediate and advanced classes.

Dance Shirts for Moms

In the next few weeks you can find new TDS and TRICKS Dance Mom blingy shirts for yourself in PolkaDots.

Thank you for your patience as we work out the new schedule and strive to get every single dancer in a class that is a perfect fit.