



Newsletter

Granite Bay 791-4GYM

Folsom 351-0024

Sacramento 481-4GYM

April/May 2013

Penny Summer

We have something very special planned for this summer.

You already know that **TRICKS** is a different kind of place for kids. We not only teach gymnastics, dance and swim, but we also teach life skills.

During the week of May13-18, we will introduce our special summer plan. Our goal is to teach your child what it means to be **responsible** and also to **share**. It takes a village and we want to help you teach these important life skills.

Your child will receive a special bag with 2 pennies in it. Those pennies are like little seeds. Every class attended in the summer will produce 2 more pennies. We hope that your child can do extra chores and maybe earn 2 dimes or quarters each week to add to the bag.

We have spent some time researching worthy charities in our communities that will receive our/your donation. At the end of the summer (Aug 5-10), your child will choose to give the money to a good cause. Being responsible for those coins all summer long is a big job for little kids. Big kids too.

We've done this special summer in years past and have raised between \$1000-1400 to give our chosen charities. This year we want to crush what we've done in the past. Our goals are to double past numbers!! We'll need you to throw some extra coins or dollars in too. It's all for very, very good causes.

Granite Bay ~

The Child Life Program at Sutter Memorial Hospital

A pet therapy program with full-time Labradors (Greta, Hazel and Millie) that work at the hospital and comfort the kids. They are there to help make pokes less emotionally traumatic. When a patient for more than a week, they do a "Little Wish" for something the child wants and the doggie delivers it to his/her bed. More info coming soon to our website: tricksgym.com.



Sacramento ~ *Mustard Seed School*



Mustard Seed School was established in 1989 by Loaves & Fishes to help meet the needs of homeless children. **Many school-age children do not attend school because of their homelessness;** some lack immunizations, birth certificates, or other documents. Some are in transit, and almost all lack a support system. In spite of their situations, these children are eager to learn and to be accepted. Loaves & Fishes is a private charity; it neither solicits nor accepts government money, but relies solely on private donations to support its work of feeding the hungry and sheltering the homeless.

Folsom ~ *The Folsom Zoo*



Since 1963, this small unique California zoo has been providing sanctuary to some very special animals. All are non-releasable. Many were raised, and rejected, as wild pets. Others were injured or orphaned in the wild. All have names and personalities, and their individual stories are posted at the exhibits, along with factual, up-to-date information about their species.

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** that 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

Date Nites

6:45p-9:45p

\$22 & \$20 for siblings

BUGS

April 19th in GB and Sac

April 20th in Folsom

Ready to eat worms and dirt?
We're going on an adventure.
3 hours of fun!

Mother's Day

May 10th GB and Sac

May 11th in Folsom

This is a very popular event since we host it the

Friday night before Mother's Day. This is your chance for some "me" time.

Go get pampered.



Dance

Most of our dance classes are busy preparing for our "America the Beautiful" 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.

KCRA's A*List

Will you please vote for **TRICKS**? We would really appreciate it. It only takes a minute kcra.com/alist
Thank you if you already did this when you got the email. We have a goal to get 1,000 votes! We are currently at 150.

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 Sees 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 Sees for our awesome Dad's too!

"Making a decision to have a child—it's momentous. It is to decide forever to have your heart go walking around outside your body."

-Elizabeth Stone



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