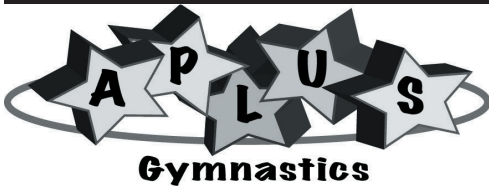


A Plus Gymnastics News



Volume 1 Issue 2

Race for the Cure

The A Plus team groups are participating in the Susan G. Komen Race for the Cure on Saturday, April 19. One of our team coaches, Cheryl Minglin, is a breast cancer survivor. If you would like to sponsor our team you can make a donation at the front desk or through the website at <http://race.komenindy.org> (Click on Sponsor a Race Participant and search for team: A Plus Gymnastics). To sponsor via standard mail, please send checks only (no cash!) to: Indianapolis Race for the Cure P.O. Box 6069 Department 84 Indianapolis, IN 46202-6069

April Non-Sanctioned State Meet

Come join the fun at our next non-sanctioned state meet. It will be held on April 26th and 27th. The cost is \$35 for girls and \$43 for boys. This includes a t-shirt. Admission for spectators is \$5 for adults and \$3 for children. Watch for a sign up sheet on the front doors.

Make Ups

Please keep in mind that you are allowed up to 2 make-ups each session if you miss your normally scheduled class time.

Cheer Program

A Plus will be holding a Cheer Clinic on March 29th and 30th. It will be for all ages and abilities. The cost is \$85 per child. They will learn jumps, motions, tumbling, chants, stunts, cheers, a dance and have lots of fun! There will be a performance on Sunday to see what your child has learned as well as an awards ceremony. We will then be opening up regular cheer classes to students for session 6.

February Non-Sanctioned Meet Results

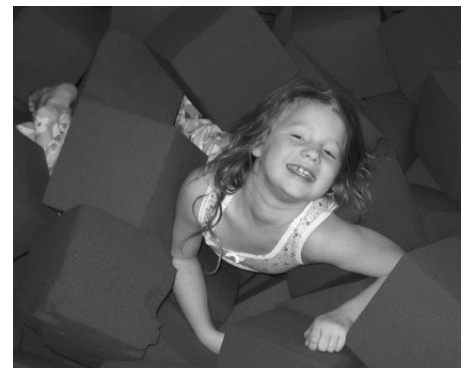
Every month A Plus holds a non-sanctioned meet. In February we had two gymnasts advance. Ana Mercado got her first of two scores needed for advancing to pre-team red. Alyssa Lykins received a qualifying score of 34 and advanced to pre-team blue. Congratulations girls!

Birthday Parties

A Plus offers fun birthday parties on Saturdays and Sundays. Parties are 90 minutes long. The time is broken down with 45 minutes being structured time with an instructor, 15 minutes of open gym time and 30 minutes of cake and presents time in one of our party rooms. Ask our front desk staff for more details.

Spring Break Day Camp

Put some summer in your spring with our Spring Break Day Camp! It will be held the week of April 7 - 11, 2008. Camp is open to both members and non-members. Activities include gymnastics, arts and crafts, parachute games, moonwalks, trampolines, dodgeball, kickball, free play time and tons of fun! This year we will also be hosting the camp in conjunction with other Hamilton County Sports Complex businesses. Crazy Hair Day will be sponsored by Cookie Cutters. Dance will be provided by Pink Slipper. Martial Arts will be provided by Champions Martial Arts. Music time with Music by Melody. Multiple time options are available so camp is the perfect mix of fun and flexibility in one convenient location! Ask at the front desk for more details and sign up today!



Overnight

We had so much fun at our New Year's Eve Overnight that we want to do it again on Friday, April 18, 2008! It will begin at 7:30 pm in conjunction with Parents Night Out. It will end the following morning on April 19th at 8:00 am. There will be games, gymnastics, a movie, pizza and more! Parents Night Out (PNO) is for all children potty trained and up, but the overnight is only for children ages 6 and over. PNO participants will need to be picked up by 10:30 pm. The overnight cost is \$40 for members and \$45 for non-members. Sign up at the front desk.

End of Session Sign Ups

Remember to sign up by the last week of session 5 to save your spot for session 6. You must re-register for classes every session. Your child is not automatically enrolled. Current students that would like to sign up for the same time and day have a priority registration period from March 17-29. Session 6 dates are April 14-May 31.

Community Card

The community card is a card that has over \$1,000 in savings for people that take advantage of the varying activities within the sports complex. Ask our front desk for more details. Look for some new businesses that will be appearing soon such as Maggie Moos, Java Hut, Great Eats and Champion Fit Zone for Kids.

Stop by Dinner By Design on E. 96th St. and check out our display! A Plus Gymnastics was chosen as the Business of the Month for March 2008!

Good Luck Team Girls and Boys at State

Congratulations to our gymnasts that have qualified for State! Our Level 4 gymnasts are Sydney Bowen and Lauren Sailor. Our Level 5 gymnasts are Bailey McGilvrey, Jennifer Coy, Mackinzie Kempton, Allison Lehman and Claire Williams. Our Level 7 gymnasts are Michelle Biehle, Megan Carich, Mallory Hackett and Isabela Garcia. Our Prep Optional gymnasts are Kim Bremer and Abigail Dempsey. On the boys team our qualifiers are Austin Bridenthal, Jacob Bridenthal, Drake Hart and Noah Shourd. Wish our gymnasts good luck!

Movement Education for your Younger Gymnast

Your child will learn a lot more than just gymnastics skills when they attend our classes. Gymnastics promotes reading readiness through perceptual motor skills, teaches children to be a member of a line, enhances motor development, coordination, poise and agility, increases self confidence as a mover, helps create new friendships, improves listening skills and improves ability to move to vocal instruction.

Open Gyms

We have many open gym times available.

Available times:

<i>Mon. 2-3 pm</i>	<i>All Ages</i>
<i>Wed. 2-3pm</i>	<i>Age 6 & under</i>
<i>Thurs 2-3pm</i>	<i>All Ages</i>
<i>Fri 9-10am</i>	<i>Age 6 & under</i>
<i>Fri 7:30-8:30pm</i>	<i>All Ages</i>
<i>Fri 8:30-9:30pm</i>	<i>Age 16 & up</i>
<i>Sat 1-3pm</i>	<i>Age 6 & up</i>

Remember that a parent needs to be on the floor with children under the age of 6.

New Skill Sheets

You may have noticed our instructors using new skill sheets for your child's classes. We have revised them to help facilitate your child's progress. They are slightly more difficult but the re-design has skill progressions in mind. If you have any questions direct them to your child's instructor.

Parents Night Out

Mark your calendars for our next Parents Night Out on March 14 from 7:30-10:30. Member price is only \$15 for your first child and \$10 for each additional. Does your child want to bring a friend? No problem! Bring them too! Non-member prices are \$15 for each child. (no multi-child discount on non-members) Please register at the front desk. We look forward to seeing you!



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