

TUMBLE TIMES



January 2009 Edition

Klamath Gymnastics 1120 S Spring St. Klamath Falls (541) 883-8296

Christmas Program

Thank you parents for your support at the 2008 Christmas Program! We expected 100 participants and had 150 Students participate! What an awesome turnout!

We also received an amazing 445 pounds of food for our local food bank! Just up slightly from last year. The Staff at the Klamath Lake Counties Food Bank & Klamath Gymnastics wishes to extend a heartfelt thank you for your help during this holiday season!

We appreciate our parent volunteers, staff and friends for making it all possible!



GYM CALENDAR

Open for Presidents day and Martin Luther King Day.

SNOW DAY CLOSURES

Sometimes schools will close their doors due to early morning snow but by afternoon when many of our classes begin the snow has melted away. For this reason we ask that if you have a question regarding the gyms closure you please call before your scheduled class time.



Frequently asked questions

"What do I do if I miss my class?"

Contact the coach to find out when other classes at your students level are held. Please note certain time slots are full and not all classes are available or held at the same time every day. You are always welcome to makeup for missed classes but always check with the coach first.

Also please keep in mind... if you have not attended or paid tuition in over a month, we will assume that you have dropped from our program. Please let us know if you will not be attending for an extended period.

Skill of the month: **Bridges**

Many of you may be wondering why we don't do bridges with the preschoolers any more. USA Gymnastics has recommended that all Gymnastics Clubs no longer allow children under the age of 5 to do bridges. The reason is that Doctors and researchers have provided support that the skill may cause lower back problems later in life, if young children perform the skill. Preschoolers can do a table or crab position instead.

Proper bridge position:

Have your child lay flat on their back with knees tucked in and feet flat on the floor. Hands should be placed flat on floor next to their ears. Then press body upward. You can help support your child in this position until they are strong enough to hold it on their own. Do not hold on under their lower back, instead lift upward under their shoulders. Be sure they do not rest on their heads, as this may cause neck problems.



November/December News Letter

Christmas Program

December 12th, 6:30-8:00. The Christmas program will be at Altamont school, please sign up so that we can know how many to expect. There is no charge. We will be going over what the kids will be doing at the performance during class. There will not be any extra rehearsals.

Gym Closures

Thanksgiving- November 27th -November 28th
Christmas Vacation- December 22nd -January 2nd

Frequently Asked Questions

Does my class end in December?

No, Gymnastics is a year round sport. We do not re-register in the winter. Please remember that we must have 1 months notice if you would like to drop. If you need to change times please fill out our "change request form."

Skill of the Month

Safety Falls & Safety Rolls

Did you know that there is a correct way to fall? All month long we will be going over safety falls and rolls. This helps keep kids safe inside and outside of the gym. It is natural for a person to try to catch themselves with there hands, when they are falling. This is also the most common way that people break arms and wrists. These skills can be used whether you are falling on a trampoline, a fluffy mat, or concrete. We hope that you will go over these steps with your children to help them remember these concepts.

1. Always land on your feet first. Proper Landings should always begin with making the first contact with your Toes, lower to heels, then bend at the knees.
2. Take a step. If you are falling Forward or backwards take a step in the direction you are falling to slow your speed.
3. Squat.

Falling Backwards- squat down to your bottom and roll backwards, with arms above your head.

Falling Forward- squat down and forward roll (Somersault)