

Rising Star News

Dear RSG Families,

February 2010

A special thank you to all of our awesome gymnasts & families for being a part of a wonderful school year at Rising Star!! We would also like to say a big welcome to all of our new RSG families!!

Now is a great time to explore your 'parent portal' account from our website! Summer registration begins April 1st & will be accessible through your 'parent portal' (Online Registration). If you have questions about enrollment or logging in to your account, please send an email to Suzanne at rsgmarketing@risingstargymnasticsclub.com. If you have questions regarding your account or payments, please send an email to Debbie at rsgaccounts@risingstargymnasticsclub.com.

Registration has already begun for our 2010 Summer Camps! Check out the camp schedule on our website and on page 2 of this newsletter. Stop by the gym office to sign up Or you may use our Online Registration!

Thank You,
Your RSG STAFF Members



Drink Up!

Drinking before, during, and after exercising (or an event) is the best way to stay hydrated. Don't wait until you're thirsty. Water is the best choice. Fruit juice mixed with water is another refreshing drink. But avoid sodas, especially caffeinated ones.

Dates to Remember:

Last day of current classes: **May 29**

1st day of Summer Camps: **June 7**

Summer Registration begins: **April 1st**

Rec. Summer Classes: **June 14-July 31**

Team Summer Gym: **June 1-July 31**

RSG Team

We are so excited to have **Doc Ali** at the gym Feb. 16 & 17!!
Please check for your days & times on the RSG website under 'forms'. Click on 'Doc Ali Headgames'



More Twinklers GymPlay times!

Monday - 12:00 to 1:00

Tuesday - 11:00 to 12:00

Wednesday - 9:30 to 10:30

Thursday - 9:00 to 10:00

Thursday - 2:00-3:00

Friday - 11:30 to 1:00 (extended)

Saturday - 10:30 to 11:30

Private Lesson Request Procedure

Private lessons are available for any RSG student! You may request your preferred coach, days, and times. Please send an email to privatelessons@risingstargymnasticsclub.com. Please include your name, gymnast's name, and any specific skills you would like to work on during the lesson.

RSG Summer Camps!



Games!



Gymnastics!

June 7-11, **Safari Fun**, (ages 3-6)
 June 14-18, **Circus Fun**, (ages 3-6)
 June 21-25, **Hawaiian Hula**, (ages 6+)
 June 28-July 2, **Survivor Week**, (ages 6+)
 July 5-9, **Boys Sports Week**, (ages 6+)
 July 12-16, **Disney Days**, (ages 3-6)
 July 19-23, **Funtastic Gymnastics**, (ages 6+)
 July 26-30, **GymJam**, (ages 6+)
 August 2-6, **Team Camp**, (all levels)



FUN!!



Camps will fill up fast! Sign up TODAY at www.risingstargymnasticsclub.com or stop by the gym office to register!

Summer 2010 Recreational Classes (June 14-July 31)

Registration begins April 1st!

	Monday	Tues	Wed.	Thurs	Friday	Saturday
Twinklers GymPlay (\$15)						11-12pm
Shining Stars \$55	4:45-5:45p	5:15-6:00p	5:15-6:00p	5:45-6:30p	3:45-4:30p	12:15-1:00p
Super Stars \$75	4:45-5:45p		4:00-5:00p	5:45-6:45p	4:45-5:45p	1:15-2:15p
GymStarz \$75	6:00-7:00p	4:00-5:00p	6:00-7:00p	4:30-5:30p	6:00-7:00p	2:30-3:30p
Boys GymStarz \$75		3:45-4:45p				
BackHand Spring \$90		6:45-7:45p				
SR. Total Tumble \$115		7:15-8:30p				
Open Gym (\$20)						3:30-5:00p

Please note, prices listed include the entire 7 week summer session

***Fall registration day will be August 7th. Enrolled summer families are eligible to enroll early; July 26-31!**

Have questions about your child's progress or the program they are in?

Talk to the directors!

For Little Stars: (Twinklers, Shining Stars and Superstars) contact: Juli Johnston, rsgjulij@yahoo.com

For GymStarz, contact: Sarah Hall, rsgsarah@yahoo.com

For Blast Off, Preteam and Team, contact: Chelsea Emerson, rsgchelsea@yahoo.com

For Boys Gymstarz, Preteam, and Team, contact: Michael Booher, michaelbooher@risingstargymnasticsclub.com