



Happy Holidays!

Schafer News

Schafer School of Gymnastics/ 609-393-5855

November/December 2011

Schafer Calendar

Holiday Camps:

We are open for regular classes

November 8

Election Day

November 10

NJ Teacher Convention

November 11

NJ Teacher Convention

November 25

Black Friday- get your shopping done without the kids

December 26-30

Winter Break (no classes)

Closed:

November 24

Thanksgiving Day

No Classes

December 24

through

January 1

Parents' Night Out

November 19

December 3

*Sunday December

18,

1-5pm

Drop & Shop

Showing off routines!

The girls and boys skill classes (ages 5 and up) will be showing off their skills the week of December 5 in class. During their normal class time, each child will show off a routine comprised of tumbling skills they have been practicing.

The purpose of this is to show you progress they have been making. They will do another one in March and again in June.

We invite parents to stay

for their child's class the week of December 5 to watch their child. Each class will come to the yellow tumbling floor by the waiting area. After a short practice time, each child will show off their routine, which may include a forward roll, handstand, cartwheel and bridge, based on their ability.

The children will begin putting together the routine at the end of November. We hope this will be a motivator for kids

to work harder to learn their skills.

Students should be doing gymnastics homework daily to improve their strength and flexibility, which is important in acquiring new skills.

You can use the *Homework* section to encourage your kids to be active everyday. Feel free to ask the teachers for more ideas of what your child should practice at home.

Class Skill Goals in November and December

In November, all students will be working on backward moving skills.

Preschoolers will be learning bridges, falling backwards in the pit and on the trampoline. They will practice walking backward on the balance beam. On the bars, they will be hanging and flipping backwards, which

is called "skin the cat." You can help your child become comfortable with moving backwards by having them do rock and rolls, falling on their back onto a soft bed with pillows, and walking backwards.

The boys and girls skill classes and advanced classes will be focusing on

backbends, back walkovers and back handsprings.

In December, preschoolers will work on donkey kicks and straddles.

Boys and girls skill classes will focus on hurdles (the step hop) into cartwheels.

Lay face down. Raise arms and legs as high as possible while staying straight. Hold 10 seconds and repeat 5 times.

SUPERMAN



HOMEWORK

Keep legs straight and knees and toes toward the ceiling. Reach as far forward as possible and hold for 20 seconds, repeat 3 times.

STRADDLE STRETCH



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***“Children first,
gymnastics second.***

We're on the Web!

See us at:
www.schafergymnastics.com

Staying Healthy During the Winter

It can be hard to remain healthy during the winter when everyone is inside and you are gathering with large groups for holiday parties.

Your child's safety is our number one concern, so we strive to keep a healthy environment.

A few simple precautions can help prevent the spread of the cold and flu.

Wash your hands frequently with warm water and soap for thirty seconds. If soap is not available, use an alcohol based hand sanitizer. Cover your nose and mouth with a tissue when

you cough or sneeze.

We have soap and paper towels in the bathrooms and hand sanitizer and tissues in the office for your use.

Avoid touching your eyes, nose and mouth, as germs spread this way

According to the Centers for Disease Control and Prevention (CDC), flu season peaks at January and February, but may run from October through May.

The CDC recommends the flu vaccine for everyone 6 months and older as the first step in protecting against the

disease.

If you or your child becomes sick, limit contact with others. Stay home for at least 24 hours after the fever is gone. Seek medical care if needed.

Also keep your immune system up by drinking a lot of fluids, eating healthy and getting enough vitamin C and rest.

Please teach your children these habits and hopefully we can have a healthy winter!

Facts retrieved from
<http://www.cdc.gov/flu/protect/preventing.htm>

Thank you to the supporters of Team Schafer School of Gymnastics at the Walk Now for Autism Speaks on October 9! Our team had 31 participants in the walk!

