

PREMIER NEWS



The Dream Starts Here

Upcoming Events: PGR INFO:

- Feb. 2-4 Girls 6-10 Meet
- Feb. 3 Tiny Cheer Comp
- Feb. 3 Boys 5-6 Meet
- Feb. 9-11 Girls 6-10 Meet
- Feb. 10 Cheer State
- Feb. 12-17 Teddy Bear Week
- Feb. 14 Valentines Day
- Feb. 17-18 Cheer Comp
- Feb. 17 Boys Comp
- Feb. 23-24 Boys Comp
- Feb. 26 Session 3 Begins
- Please remember that 2 weeks notice and a withdrawal form is required before a new session if you are dropping.
- Make-ups must be scheduled with the office and within 2 weeks of a missed class.
- No credits or refunds are given for missed classes if you choose to drop midway through a session.

**Valentines Sleepover Saturday
Feb. 10th at 7pm.**

**Ages 5-12 / \$30 per child or
\$50 for 2**

HomeSchool Open Gym: Every Thursday starting January 11 from 11am-1pm. Ages 5-14 \$10.00 drop-in. \$30 max family fee. Ages 18 months - 4yrs are welcome if a parent remains with them. \$6.00 drop-in

Birthday Parties: Remember to book a head of time they fill up fast. 6 time slots available during the weekends.

Dress Code: We have updated flyer with all gymnastics required attire. Please remember to pick one up.

Motivational Moment:

*“Life is like a riding a bicycle.
To keep your balance, you
must keep moving.”
- Albert Einstein*

Team Athlete of the Month:

Brittani Myers

*She has been on Team for
6 Years*



Employee of the Month:

Sarah Carver

*Coach at PGR
for 8 months*



Coaches Corner

Remember that Saturday Open Workouts from 11-1pm can also be used for make-up classes for Beginners, Intermediate, and Advanced classes.

Preschool Open Gyms are Tuesdays 11:30-1:30pm and Fridays 11-1pm through the school year. Ages 18 months to 6 yrs.

Premier Mission: At PGR our main goal is to provide each child with the safest and most enjoyable environment to perform. Although, we are a gymnastics facility we strive to help children grow in other areas of their life. Gymnastics is an excellent base for all other types of sports, and develops self-confidence and the ability to work as a team. With positive reinforcement coaching, every child should be able to reach their level of excellence in a fun but learning atmosphere.