

KIPS GYMNASTICS

MONTHLY NEWSLETTER

GYMNASTICS PROGRAMS

The month of November was so much fun! For the most part we have pushed past our basic skills and have moved forward into learning even more! We look forward to seeing our gymnasts come back for Winter Session! Our gumball jar is over full now, and we will kick Winter Session off with lots of fun!!

ACTIVE EINSTEINS

November was all about food, friends, and family. We learned about the differences between healthy and unhealthy foods and how they affect our bodies. We also talked about different kinds of families and practiced being good friends by passing toys back and forth while walking on separate balance beams.

COMPETITIVE TEAM

The Competitive Team is on their final month before they have a meet! Many girls were feeling the stress of constant training and so they had a week of working on resting, stretching, and physiotherapy! This was a wonderful decision because they came back ready to go! Their first meet is our Christmas Critique Meet on December 17th!



REC GYMNASTS ON THE LAST DAY OF
FALL SESSION



TEAM GIRLS AT BREAKFAST AFTER 6 A.M
PRACTICE



TUMBLE-A-THON



ACTIVE EINSTEINS
FUN!!



NOVEMBER HIGHLIGHTS

Thank you for coming and supporting our annual Tumble-A-Thon fundraiser for KIPS! We are so grateful and happy that so many gymnasts participated and so many families and community members supported our gym. We will notify the Winner!

We hope that your Thanksgiving Break was wonderful and that shopping the next day wasn't too hectic! We are thankful for all of our staff members and our gymnasts that make all of this possible!

We have officially transferred into Winter Session!

If you plan on dropping at any time an email needs to be sent to kips gym@gmail.com so we can make sure your child does not transfer over. If we are notified before the first of the month there is no charge.



UPCOMING EVENTS

December:

- Dec. 9-10th Christmas KIPS Staff Party
- Dec. 16th Active Einsteins Christmas Program @ 5:00p.m
- Dec. 17th Christmas Critique Meet for Team @9:00a.m
- Dec. 19-31st Closed for Winter Holidays

January:

- Jan 1-2nd Closed for Winter Holidays
- Jan. 7-8th Team Meet in Clarkson
- Jan. 14-16th Team meet in Spokane
- Jan. 16th Closed for MLK Jr. Day
- Jan. 28th Team Meet in Kennewick



MEET ANGELA

Angela began working at KIPS during Fall Session! She does the Active Einsteins, class on Wednesdays, so make sure to say HI!

She is a mom of three kiddos 14 chickens and 2 dogs!! She enjoys spending time with her family and out on her farm! She loves to garden and do many different odd jobs.

Her favorite part about teaching is seeing the kids in Active Einsteins up and moving as well as learning so many different things! She enjoys that they are always up for the challenge!

We love having her at KIPS!

ASK YOUR CHILD

Active Einstein's -
Ask your child how to sign "'friends" and "falling leaves".

Gymnast-
Ask your child to show you their tripod!! Most of them can push up into a headstand!

**WINNER OF THE KIPS
HALLOWEEN CARNIVAL COSTUME
CONTEST**



KYNDALL DOUGLASS

**SUPER STAR OF THE
MONTH**



ACTIVE EINSTEINS- RUBY HART

**WINNER OF THE
TUMBLE-A-THON**



**JASE AMICH-RAISED OVER
\$400!!**