

Peak Gymnastics & Fitness
106010 Maltese Point
Falcon CO 80831

(719) 638-6434

www.mypeakgym.com

What is it you like about our programs here at Peak Gymnastics & Fitness? We would love to hear from you! You can go to our website www.mypeakgym.com and submit your thoughts and comments through the "Contact Us" page. From time to time we may use some of these comments on our website or for advertising. So please, let us know what you think!

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**Merry Christmas and Happy New Year
from all of us at**



It has been a good year ! Since opening in April of this year, we have steadily grown each month and have over doubled enrollment ! We would like to thank you for your continued support of our program and encourage you to keep those referrals coming. In this business, we rely heavily on word of mouth advertising and your compliments are greatly appreciated!

OUR GIFT TO YOU :

During this next session starting the week of Dec.21st—Jan. 25th, we will have several classes offered during the day over Winter Break. You can use these times to make up a class if needed over the holidays, or simply add one extra class for your child on us!

It will be first come first serve and space is limited to our usual class sizes.

WE ARE CLOSED 12/24 -12/25 AND 12/31-1/1

***Schedule of classes and Holiday class schedule changes inside this newsletter.....*

"Winterfest Fun Meet" is coming.....

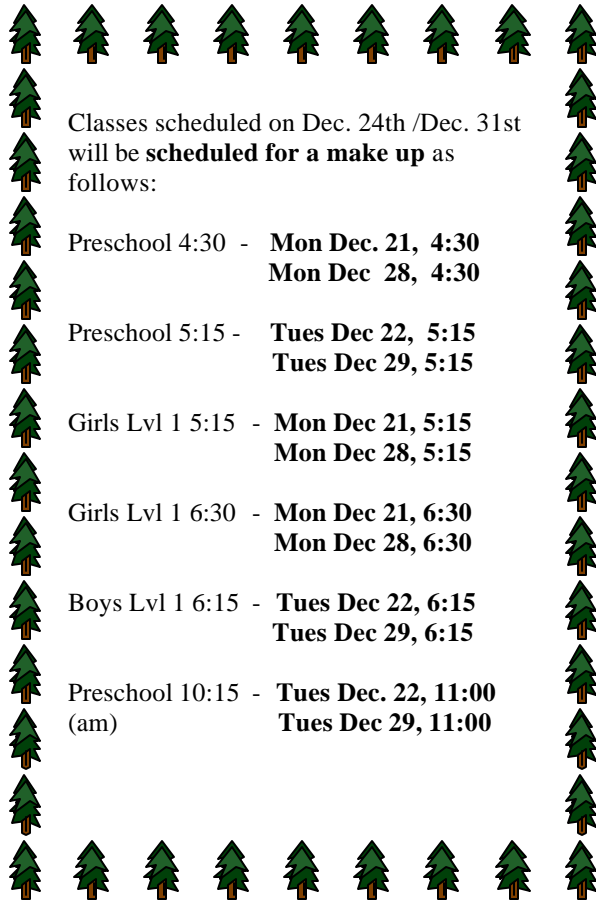
If you see your child putting different combinations of skills together, get excited!! They are working on showcasing their skills for the "fun meet" currently planned for the end of January. This will be a great time. This is not mandatory, but we do hope everybody will want to sign up!

CLASSES & OPEN GYM DURING BREAK (all classes co-ed)

Monday Dec 21/28
10:00 – 11:00
1:00 – 2:00

Tuesday Dec 22/29
11:00 – 12:00
3:00 – 4:00

Wednesday 23/30
TBA (if Mon & Tues fill up!)



	Classes scheduled on Dec. 24th /Dec. 31st will be scheduled for a make up as follows:
	Preschool 4:30 - Mon Dec. 21, 4:30 Mon Dec 28, 4:30
	Preschool 5:15 - Tues Dec 22, 5:15 Tues Dec 29, 5:15
	Girls Lvl 1 5:15 - Mon Dec 21, 5:15 Mon Dec 28, 5:15
	Girls Lvl 1 6:30 - Mon Dec 21, 6:30 Mon Dec 28, 6:30
	Boys Lvl 1 6:15 - Tues Dec 22, 6:15 Tues Dec 29, 6:15
	Preschool 10:15 (am) - Tues Dec. 22, 11:00 Tues Dec 29, 11:00

Snow/ Weather Closures

We will notify you by **email** should there be a closure due to weather. Please make sure to put us in your address book so our emails get through. We will also have a message on our business line 638-6434 and we will try to have our website have an alert for closures. Please check your email on questionable days. We do not always follow district 49.

Thank you!!

Why we do what we do.....by Chris Kuhlmann

Hello everyone! In this issue, I would like to talk about the reasoning behind our "obstacle course week". You may have noticed, but for those of you that didn't know, we take 1 week of the six week session and using an obstacle course we exercise the kids using skills they work on throughout the session.

My goal in doing this ties in with my desire to help kids of all ability levels reaffirm that working out (or hard work) is fun. There is a term gymnastics has always emphasized. It can carry with it a boring or uninspiring connotation, "fundamentals". Fundamentals are the key to developing physical muscle memory and mental focus. The better a child develops these characteristics, the more we see that we can challenge them and our expectations rise.

Our obstacle course design incorporates a large portion of what we have the kids working on in class. Skills such as hand stands, jumps and vaulting (to name a few). We lay it out all together and use it in a way that they are incorporating these fundamentals in a fun, strength and endurance building atmosphere. It is different, not the norm and we really think it is exciting to watch the kids having fun building these physical and mental characteristics. I guarantee you their entire body is getting a workout! I am certain they can see the enjoyment in their coaches eyes that they are willing to work so hard and go, go, go.

My hope is that they see that they can all get better at anything they try, just by getting out and participating.

As always, please feel free to speak to me if you have any questions about our program.

Often the front desk is not manned in the evening, but should you need to speak with someone at anytime between 8 am and 7 pm please call our business line 638-6434. Dani (Chris's wife) is typically available by phone and can answer most of your questions!