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Aim High II
We now have a
second location
in Johnston,
Rhode Island.
If you have any
questions, you
can call
401-398-1965

A Message From Miss Amy...

Welcome Back to Fall! I hope everyone had a WONDERFUL summer. Wow, what about our USA Teams in the 2012 Olympics? I am not only honored to have these men and women represent us as Americans, I am honored to be part of the gymnastics industry that creates strong values and character in our youth! My hope is for Aim High to be part your child's development of strong character. Gymnastics helps teach many life lessons. It builds strength in all individuals by taking a fall and learning they can get back up on

their feet. It aids in an individual's confidence as they achieve each goal. Gymnastics can provide our youth



with a positive community and support group. My LOVE of this sport started at the age of 3 because I enjoyed to roll, tumble, and fly but 35 years later my LOVE of this

sport is because of the lessons it has taught me to become a strong, confident, and nurturing person.

Best of Luck to all of our Aim High GYMNASTS as they learn lessons and grow into WONDERFUL citizens!

Cheers,
Miss Amy

From Our Front Desk

Just a few things to keep in mind as we begin our new school year session...

1. Gymnastics Installments are 5 weeks long. We automatically enroll you for each installment, unless you let the front desk know in writing prior to the start of a new installment.
2. You will be notified about each new installment through email, our "A" frame board and the wipe
3. Tuition for our 2nd installment is due the week of September 24th. The 2nd installment begins on October 8th. (Yes, we are open on Columbus Day for gymnastics classes.)
4. Don't forget to sign up for our Open Gyms. These are held on the 2nd and 4th Friday of each month from September—May. Our Little Stars (up to age 5) is from 9:30-11:30 am and our School Age is from 6:30-8:30 pm. Parents must accompany their children in the Little Stars gym and pre-registration is required for our School Age Gym.



Rising Stars Gymnastics: 5 - 18 years

Our Boys and Girls Rising Star Program offers children to develop at their own rate. We offer multiple class levels that coincide with each child's individual age.

These classes will be called in at the middle door in the gym. The teachers will come out and call the name of your child's class. Children can leave their shoes and coats in one of the cubbies in our café area.

Being on time for class is im-

portant to your child's progress. When they come in late, they may have missed an important warm-up and stretch time that is crucial in developing flexibility that is necessary towards mastering skills.

As parents you will see your children working on skills at various stations. Some of these stations are spotted by an instructor while other stations are designed for children to work independently. Here at Aim High we want parents

to realize that gymnastics skills take a lot of numbers to master. Repetition is the name of the game!

We would also like to point out that gymnastics is a slow progressing sport. Some skills might be learned quickly while others take a long time to achieve. Don't be surprised when your child reaches a plateau. This is common, but before long through strength and repetition, these new skills will come in their own time.

**National
Gymnastics Day
Let's Turn the
World Upside
Down on
September 22nd
at 1:00**



Girls Recreational Team



The goal of our recreational team program is to provide young gymnasts with the opportunity to get a feel for competitive gymnastics in a safe, fun, stress-free environment. Gymnasts in all recreational levels are welcome to join and will have the opportunity to participate in a number of non-sanctioned competitions. To take part in this program, each

gymnast must be enrolled in one recreational class and at least one recreational team practice at the corresponding level. Little Dippers and Starlights would be Level 1, Starbrights would be Level 2, and Big Dippers would be Level 3. Interested Supernovas and Auroras should speak with an instructor to decide which level would be appropriate.

For more information on this program please contact the Girls Rising Star Director, Miss Allie at:
a.jackson@aimhighacademy.com

National Gymnastics Day



This year National Gymnastics Day is going social. As gyms across America celebrate the best sport in the world, we encourage you to do the same. This year National Gymnastics Day is Saturday, Sept. 22, and we will 'Turn the World Upside Down' in celebration. At 1 p.m. ET, gymnasts, families,

friends and enthusiasts nationwide will turn upside down, snap a photo and share it with us. Please send pictures of you and your friends upside down and we will post them on Facebook. Be creative, there are more ways to be upside down than just in a handstand! Aim High will reward the gymnasts

with the most creative upside down picture or handstand in the most unique place. Send photos to :

a.jackson@aimhighacademy.com
or s.cole@aimhighacademy.com

Little Stars Gymnastics: Ages 8 Months - 5 Years

Welcome to all our little ones and their families. It is an exciting time for you and your children as they are learning in leaps and bounds at this age!

We believe every child progresses at their own rate and we encourage you to watch as each child grows and achieves those developmental milestones.

Our Little Stars Program is designed to keep those little ones moving at all times. We set up theme related obstacle courses each month in order for children

to practice their gross motor skills along with basic gymnastics skills.

Our September theme is "Back to School." During this theme, we also have a skill of the month that we are introducing and mastering over the 4 week theme. September's skill of the month will be focusing on forward and backward rolls.

You will notice that each week your child will begin with a fun warm up activity along with time to stretch their muscles. After this, we will move to 2 events each

week. One week will be vault and bars and the other week will be floor and beam. Children are given the opportunity to practice their gymnastics and gross motor skills over and over again. We believe children learn through repetition, routine and exploration.

One routine you will notice in your child's class is that the instructors will clap to signal it is time for a transition from one area to another. By establishing this routine, it allows our classes to be consistent across the board no matter which

Parents are a huge part of success in their child's development. Classes can only be as structured as the parent makes it.

Simple Wonders: 8 months-3 years

In our parent and child classes, parents are a huge part of the success their child has. This is a time to bond with your child as you help them grow and develop.

Parents remember, it is a process, nothing is perfect the first time through. Your child is going to wander away from the group...go with them and give them a minute, then guide them back to the group. Class is only as structured as you

make it. The goal is to develop independence so that when your child is 3 years old and potty trained they can move up to our Sunshine class where they go in the gym all by themselves while you remain a part of the audience. Don't get discouraged if your little one is not listening. It happens and we expect it. Remember in this process, if you get 30 more seconds a week we have made progress!

Parents we also count on you to help keep our little ones safe. It is important to stay with your child at all times as the gym often has multiple classes happening at the same time. The last reminder to our parents, we ask that you stay off all equipment including the trampolines as our insurance company says we are too old and don't heal fast enough! ...Go Figure?!

Sunshines (3 years-5years)

Our Sunshine class is for our preschoolers who are learning to develop independence along with self-confidence. There are a few things that the parent can do help their child have a successful time in the gym. First, make sure to arrive on time and bring your child to the bathroom prior to the beginning of class. You know how when women use the restroom it becomes a

group thing? Well that is the same for preschoolers. I guess it is just contagious!

Second, please bring a water bottle for your child to keep in the gym as we do not allow any juice.

Third, don't be surprised if your child displays some separation anxiety. The gym can be a large and overwhelming place. Be patient,

this too will pass. We are there to help.

Lastly, don't forget to wave and watch your child grow. It is common to have your little ones looking for their parents approval as they have fun and learn new tricks!



Girls Competitive News

We have had a wonderful summer full of great gymnastics during our team workouts. All athletes are busy preparing for the next level of competition, strengthening skills that they already have or brushing up on basics. Many of the girls have been doing a strength training and Pilates class twice a week and are more fit than ever.

In July the athletes traveled to Woodward Camp in Pennsylvania where they worked on all of their skills up to three sessions per day along with many other camp activities. This was a great experience for all of the girls and even the new team members enjoyed the time and weren't homesick.

We have set our competitive calendar for the 2012/2013 season and have many competitions, some we have been to before and others that we will be competing at for the first

time. Our National team athletes will travel to the Dallas/Fort Worth area for the Metroplex Challenge this year which is something that we have wanted to do for several seasons now.

What a great Olympics !!! Team USA rocked the women's gymnastics. Our optional athletes had the opportunity to watch it live in the gym during the last half of their workouts. It was exciting to see it firsthand.

We have new exciting things happening, first of all we are happy to introduce our TEAM TOTS class. This class is for 3 and 4 year old girls who are hoping to get into the competitive track. They have a one hour per week workout on all the "big girl" equipment. Lesson plans will include flexibility, strength, and basic fun gymnastics to progress to the Pre-Team level. Our PreTeam girls will now have another option for their

class. We have added a Saturday morning PreTeam class from 9:45 – 11:45. Now they have the choice of two out of three days. We are hoping that this will make it easier on some of our parents. If you have any questions about any of the pre competitive teams please stop by the front desk and they can give you the information. There will be a Pre Team evaluation on Tuesday September 11th. Look for details on our webpage or Facebook or check with the desk for the updates. Hope to see many new faces in the competitive program.

I hope that everyone has enjoyed the summer and their vacation time and I look forward to a wonderful, safe, successful, 2012/2013 season.

Coach Cheri

Season Kick Off Party



The Parents' Association has set the date for the Season Kick-Off Party!

Date: Sunday, September 16th

Time: 1:00p – 5:00p

Location: Cold Spring Community Center

36 Beach Street North Kingstown,

RI

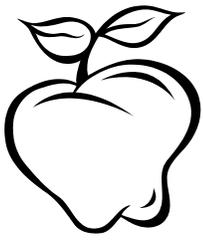
All family members and siblings are welcome. The Community Center is

right next to the beach, so kids may want to bring their bathing suits and towels. The Parents' Association will provide drinks and possibly a DJ for entertainment.

~For ordering and set-up, we would like to have a general head count, and therefore, are asking for a \$10 per family registration donation. You will get this \$10 donation back at the door when you arrive. (Please place check or cash

for this in the Black Parents' Association Box – WITH YOUR NAME ATTACHED)

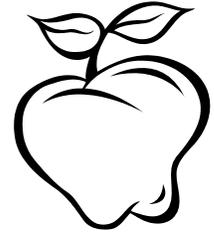
~This will be a great time for all the athletes to see each other outside the Gym, and for parents to meet some of the other parents from the team – especially parents of our newest teammates!



Aim High Early Learning Center

Classroom Times

Laying the foundation for Future Learning



Welcome



The air is getting cooler and the sun is setting earlier every day... it is time for school to begin. Hip, hip, hurray! We would like to extend a warm Aim High welcome to all of our new families and a heartfelt welcome back to all of those who are returning from last year. The Early Learning Center is eager and enthusiastic to be a part of your child's education and we are excited to share many new experiences as we set forth on a year of adventure.

Aim High would also like to welcome a new staff member joining us this year. Many of you may have met Miss Dana

at the New Family Open House.

If you have any questions concerning the school routines or about Aim High in general, please don't hesitate to ask any of the ELC teachers. We are here to help make this educational experience as fun as possible. Before you know it, it will be October and this will all be old hat to you. Again, Welcome!



Separation Anxiety

As teachers, and parents ourselves, we know how heart wrenching and difficult it can be to leave your child behind, even if logic is telling you he/she is in a warm and nurturing environment. If you or your child are suffering from separation anxiety, here are some tips that may work for you:

* Routine, routine, routine. If your child becomes accustomed to what to expect, it will become easier for him/her to adjust.

* Remember to say goodbye (don't try to sneak out) and keep the goodbye

simple. If you linger, your child will read that as uncertainty.

If the separation seems too difficult to tackle alone, the teachers are here to lend a hand. We have a large bag of tricks that often help calm most children. Sometimes parents bring a book and a coffee and sit down in the café area until they feel as though they are in a comfortable place as well. We are here to help and by working as a team, separation anxiety will be a thing of the past. Good luck and keep smiling, it gets better!



Dates To Remember



- **Monday, September 3rd: Labor Day -ELC Closed**
- **Tuesday, September 4th: First Day of Classes**
- **Wednesday, September 26th: Yom Kippur - ELC Closed**
- **Monday, October 8th: Columbus Day - ELC Closed**
- **Friday, October 12th: Family Night**

Kindergarten Enrichment

The word is out that Aim High is the place to be before and after K! Our Kindergarten Enrichment Program is designed to give your kindergartener the opportunity to reach beyond regular classroom activities. We hope to bring a sense of life awareness by offering your child the pleasures of art, science, music, gymnastics and sports.

We still have a few spots left. Transportation is provided by the East Greenwich Buses along with Aim High Van. Transportation is available by Aim High for those children at Stony Lane, Hamilton and Fishing Cove Elementary Schools. If interested please call the front desk.

September 2012

Sun

Mon

Tue

Wed

Thu

Fri

Sat

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|----|--|---|---|----|---|--|
| | <p>Turn the World Upside Down! National Gymnastics Day September 22nd</p> | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | <p>7 LSG Open Gym 9:15-10:15 <i>Johnston Location only</i></p> <p>Homeschool Open Gym 9:30-11:30</p> | 8 |
| 9 | 10 | <p>11 Pre-Team Evaluations 5:30-7:00</p> | 12 | 13 | <p>14 LSG Open Gym 9:30-11:30 Rising Star Open Gym 6:30-8:30</p> | 15 |
| 16 | <p>17 Homeschool Open Gym 12:30-2:30</p> | 18 | 19 | 20 | <p>21 LSG Open Gym 9:15-10:15 <i>Johnston Location Only</i></p> | <p>22 National Gymnastics Day</p> |
| 23 | 24 | 25 | <p>26 Yom Kippur ELC Closed</p> | 27 | <p>28 LSG Open Gym 9:30-11:30 Rising Star Open Gym 6:30-8:30</p> | 29 |
| 30 | <p>← 2nd Installments are Due →</p> | | | | | |