

Minds In Motion

February 2006

Pacific West
Gymnastics
32920 Alvarado Niles
Road Suite 210
Union City, CA
(510)471-0240

Special points of interest:

- Valentines Day is around the corner...
- It's Almost Picture Time!
- Upcoming Events
- Mark Your Calendar

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Valentines Day is around the corner...

Did you know that Pacific West Gymnastics is hosting its second Kid's Night Out. Your children get to play while you enjoy a peaceful night off!

Your children can play games, run races and use the gymnastics equipment, while you enjoy a night out on the town.

In order to have your child participate at Kid's Night Out you must sign up in the lobby. The cost is \$20 for the first child, \$15 for the second. Dinner is provided and space is limited so sign up now!

IT'S ALMOST PICTURE TIME!

Pacific West Gymnastics is pleased to announce that you will have the opportunity to have your child's picture taken this spring. Look for dates, times and pricing information in March's Newsletter!



We're on the web!

www.

PACWESTGYMNASTICS

.com

UPCOMING EVENTS

FEBRUARY 11TH 5 TO 9 PM KID'S NIGHT OUT

MARCH 13 - 18TH BRING A FRIEND WEEK

All Students are invited to bring a friend to class with them so they can see how much fun gymnastics is! Don't forget to sign up in the lobby and grab a permission slip. Every student who brings a friend will receive a special gift for themselves and their friend!

APRIL 29TH 5PM SPRING FLING TALENT SHOW

The Spring Fling Talent Show gives you a chance to show us all your talents, in or out of the gymnastics world! More information will be coming soon!

STUDENT OF THE MONTH: RILEY BUCCINO

Riley is Pacific West Gymnastics student of the month for demonstrating his fantastic listening skills and cooperation. At 2 years old, Riley can do any obstacle course all by himself! He has also been

working on his handstands, forward rolls, and running & jumping. Make sure you give Riley a HIGH FIVE for all his hard work, good listening and participation.

Mark Your Calendar

- Feb 10 • UCLA vs. Berkeley 7:30 @ Berkeley Haas Pavilion
- Feb 17 • Arizona State vs. Stanford 7:30 @ Stanford University
- Feb 24 • Washington vs. Stanford 7:30 @ Stanford University
- UC Davis vs. SJSU 7:00 @ SJSU
- Feb 24 - 26 • Spirit of the Flame Competition - Pacific West Gymnastics level 7 & 8 in San Jose - Times TBA

Theme of the Month: 2006 Winter Olympics



It is time for the 2006 Winter Olympics. Pacific West Gymnastics will celebrate the Olympics in our Wiggle Worm program by learning about different Countries and sports. Our focus will be on applying what we learn in gymnastics to other sports we play!

SMART SNACKS

- 8 - 10 pretzels with peanut butter
- 2 tablespoons dried Cranberries
- 2 ounces reduced fat Cheese
 - 6 wheat Crackers
 - 1 small pear
- Half Toasted Bagel
- 2 Teaspoons Peanut Butter
 - 15 Grapes
- 1 Piece of String Cheese
- Handful of Baby Carrots

"THERE IS NO GREAT TALENT WITHOUT GREAT WILL POWER"

HAPPY BIRTHDAY TO...

SARAH BAER

STEPHANIE CHAN

DAMIEN CORDOVA

NATHANIEL DOCTOR

WILLIAM GERTSCH

ARMANDO GONZALEZ

STEFANI GYULAI

DANEYA KING

TAYLOR LARAN

TIMOTHY LEE

JACOB MAGSALIN

EMMA MANHIRE

MATTHEW MILLEN

ANDRES MUNYACO

MATTHAIS PALMON

JORDAN PANIS

LANISE POWELL

TRAVIS REID

VANESSA RODRIGUEZ

TRISTIN SHERBECOE

BRIDGET STEELE

HANNAH STOCKINGER

RACHEL SUE

GIOVANNA TARANTINO

NESSA TOPETE

ZACHARY YOUNGQUIST

