



Minds In Motion!

May 2006

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

Special points of interest:

- Way To Go Optional Team
- All Pacific West Gymnastics Staff will be receiving CPR & First Aid Training and you're invited too!

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Gymnastics With The Stars:
A **HUGE** Success
&
Way To Go Optional Team!!!

Our First Annual Gymnastics With The Stars was a huge success! Over 75 children participated in this fun filled event. Each child was able to demonstrate all of the skills that they've been working on. Take a look around the gym, you will see stars filled with bright shining faces. Thanks to all our parents for supporting this memorable event!

Pacific West is proud to announce that the Level 7 Team placed 5th in the STATE! Also, Amanda Solomon placed first at Level 8 Regionals. We are very proud of their hard work and accomplishments!



Breakfast For Champions

- 1 cup oatmeal
- 2 tablespoons raisins
- 1 slice whole wheat toast with peanut butter
- 1 cup calcium fortified orange juice
- or
- 2 toaster waffles, topped with 1 cup low fat vanilla yogurt & 1/2 cup strawberries
- 2 slices Canadian bacon
- 1 cup calcium fortified orange juice
- or
- Cinnamon & raisin bagel
- 2 tablespoons peanut butter
- Banana
- 1 cup low fat yogurt
- 100% fruit juice box

Starting the day well fueled will enable you to improve performance in school and in the gym. Hungry athletes are not the happiest or most coachable. So, remember the importance of breakfast especially as it relates to performance. Get the most of your training by starting your day right!

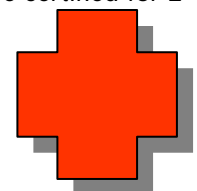


All Pacific West Gymnastics Staff will be receiving CPR & First Aid Training and you're invited too!

On Sunday, June 4th, from 9 - 1, Pacific West Gymnastics will be hosting a CPR & First Aid Training for all its staff and we invite you to come and learn with us! The class, which will be taught by ICE Safety Solutions - voted the most fun

and effective in the Bay Area - will feature segments on Assessment, Airway Management, Rescue Breathing, CPR, Bleeding and Shock. If you would like to find out more information about the class being offered, please go to

www.getice.com. If you would like to sign up just stop by the front desk and let us know. For only \$50 you can attend this 4 hour class and be certified for 2 full years!





Student of the Month: Clevian Hsia

Clevian is new to Pacific West Gymnastics and already has shown tremendous improvement! Her fantastic attitude is helping her get strong and more consistent. Keep up the good work Clevian!

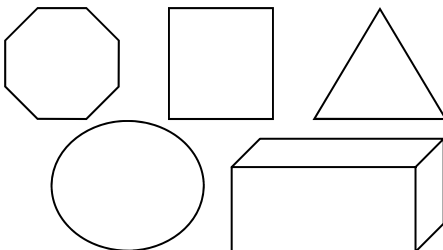


Theme of the Month: Colors & Shapes

The Wiggle Worms will be exploring Shapes & Colors through gymnastics. They will be practicing basic shapes as well as gymnastics

shapes applied in skills. Skills will be directly related to colors and shapes, helping kids learn in and out of the gym.

Can you name these shapes?



Every time you refer someone to Pacific West Gymnastics and they mention your name on their registration form, we will give you a \$10 Referral Credit, which is applied to your account!

We at Pacific West Gymnastics want to THANK YOU for your continued support of our program. Please see your coach or the front desk if you have any questions about our program and/or your child's progress.

Have you noticed anything different around the gym? Did you notice the extra cubbies we have? Or how about the new coat of paint in the hall? Or what about the Epifoam Padding throughout the ENTIRE GYM? Be on the lookout for more changes over the next few weeks!

Birthday Parties at Pacific West Gymnastics

Did you know that you will have exclusive use of our 13,000 sq. ft. facility?

Did you know that our parties include paper products, personalized invitations AND goodie bags for all attending?

Did you know that all of our parties include at least 2 friendly and fun staff members?

Sign up for a party and find out for yourself!

Our parties are 1 hour and 45 minutes long! That's one hour in the gym and 45 minutes in the party room. We do all the setup and cleanup for you. All you have to do is provide the guests and the food and we do the rest! Parties are \$175 for up to 10 children with each additional child

costing only \$7.50 each. As a special offer, any member who signs up for a party and mentions this newsletter will receive \$10 off the price.



Pacific West Gymnastics wishes a HAPPY BIRTHDAY to...

- Sachi Abe
- Nayan Adre
- Andrew Amato
- Andrew Alfaro
- Ayush Amin
- Jordyn Beardsley
- William Chen
- Chloe Christiansen
- Alexandria Clark
- Kenneth Escalante
- Grace Escalante
- Wyatt Farman
- Justin Fung
- Brittne Gracey
- Vanessa Guarin-Ancheta
- Alex Hoendervougt
- Apollo Holmes
- Jenna Howard
- Kimberlee Hu
- Nia Isom
- Esha Junnarkar
- Lakayla King
- Nicole Masarova
- Andrea Mombeni
- Michael Pacheco
- Camille Paradis
- Tamia Pitts
- Joshua Rose
- Sahil Saboo
- Shefali Saboo
- Ahlyssa Santillano
- Steele Scott
- Skylar Scott
- Katherine Shroyer
- Christopher Siu
- Mia Volpatti
- Sarah Walker
- James Wong
- Anthony Yang
- Alexandra Yang