

# NKCC Gymnastics Newsletter

## Fall 2018

Gymnastics has started up again and we are so excited to see our kids back, along with some new faces.

Our objective this fall is **skills development**. Learning basic to advance (Ontario Level 3) gymnastics skills designed to build strength, balance and agility.

Our Tuesday obstacle course challenge has taken off and we are focused on building agility, flexibility, strength in the upper & lower body, cardio endurance and best of all, teamwork.

On January 7 when our new session begins, we will concentrate on skills and routines for the April Show.

The **Christmas Party is scheduled for Wednesday, December 19 from 4 to 5:45**. We will have gymnastics and pizza, plus an awards ceremony for the Obstacle Course Challenge Classes.

Please bring \$7 per child; siblings and friends welcome. Please notify us of your child's attendance in advance. Volunteer desserts and salads are always welcome.

If you would like to contribute, please let Robin or Hannah know, and we will add your dish to the list.