

AUGUST 2018 NEWSLETTER:



**HOURS: MON – FRI:
10am – 7PM
closed for lunch
12:30PM-2:00PM
SAT: 10AM – 3PM
SUN: CLOSED**

*****Be aware that we are still under construction! Please bring easy slip-on shoes for walking to the restrooms.*****

From the desk of Pam Grattan aka Grandma, Business Manager/Owner

We love our CATS family and are happy to have each of you and your children as part of our family. We are excited for Session 4 to start on August 6th. This month we would love to offer a discount to all of you who have loved and supported us. Stop by the front desk ask to speak to me and tell us what you love about CATS, tell me what you would like to see for our future and that of your kids, let me know what you think we can improve on. Basically just give me your thoughts about CATS. All feedback is good feedback because it helps us strive to be the best that we can be and that is our goal. If you stop by and give me your thoughts I will apply a \$10 credit to your account that you can use on future classes, snacks, camps, or shirts. Oh that's right I forgot to tell you that we finally got shirts in and they are available for purchase at the front desk. I will be putting a flyer at the front counter listing what is available and the pricing.

Be sure to always read our newsletter, I have been known to bury discounts in them just to make sure you all are reading them. They are always filled with important information about upcoming events and happenings around the gym.

As you might have noticed our wall has been framed and will be enclosed as soon as the air conditioning is installed. We are hoping that it will all be completed by mid-September. We will update you as we get more information. Thank you all again for all your love and support, nothing beats a great family full of love.

SUMMER CAMPS:

Summer is coming to an end. We're are holding one more week of camp August 6th through to the 10th. Camp is for kids who want to learn new gymnastics skills while meeting new friends! The camp includes about 5 hours of gymnastics instruction, arts and crafts, movie time, and fun times with our awesome staff! Don't miss out on all of the fun!!!

Please keep in mind that the kids will be exercising throughout the day. Lunch is NOT provided so please bring water, a sack lunch, and some snacks throughout the day.



Coach Kim's Corner

•Don't forget to roll out: Self-myofascial release is a fancy term for self-massage or foam rolling to release muscle tightness or trigger points also known as knots. This method can be performed with a foam roller, lacrosse ball, or your own hands by applying pressure to specific points on your body. Doing this before practice helps loosen muscles and increase blood flow which is great for both activity and flexibility! When muscles are sore after practice or when a gymnast has worked large amounts of flexibility, foam rolling can alleviate soreness and aid in keeping stretched muscles limber. Here at CATS we recommend getting a foam roller for gymnasts to use at home after practices or between practice days along with flexibility. Slowly rolling a tender muscle or holding on an extra sore spot or knot for 30 seconds will trigger that muscle to release and relax along with dispersing lactic acid build up in the muscles after strenuous exercise. If your gymnast is unsure how or where to roll out please ask a coach. All CATS coaches can aid in foam rolling techniques.

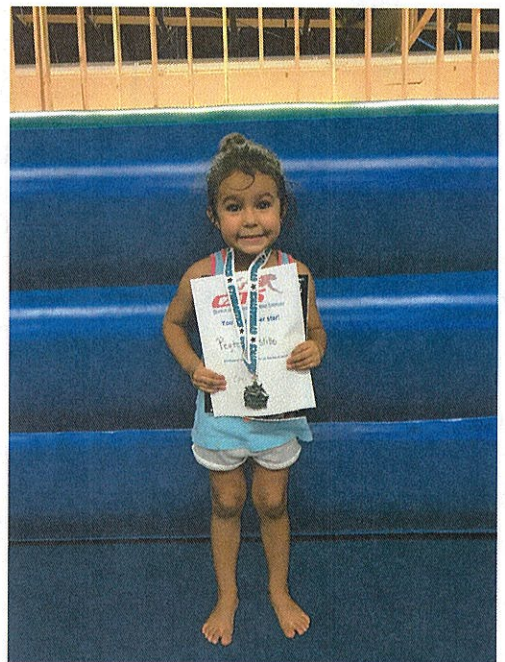
GYMNAST OF THE MONTH:

Every month, each coach gets to pick a gymnast that's displays a terrific example of a GOLDEN student! This month our gymnast of the month is...

Peyton Castillo!

Coach Bo had this to say...

- Peyton is always trying her hardest during class!
- She tries to help her other classmates !
- Peyton is always putting the effort to master her skills during class time.!



Check back next month to see
who is up next!

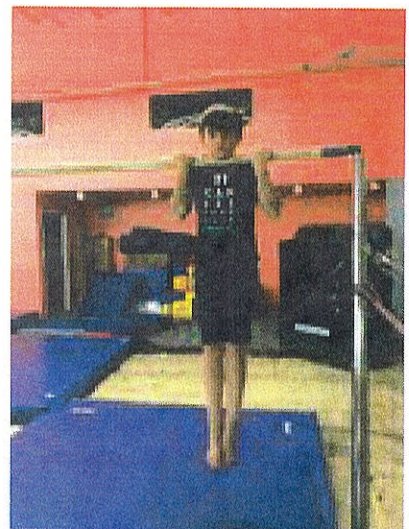
"Gymnastics, especially in my family, is more than a sport. It's our life, it's our careers, it's our family business."

- Nastia Liukin

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Call (760) 446-0332, or
stop in at **1000 N. Norma
St. Suite 8**, for more
information. (behind
Del Taco, across from
Crossfit)



Thank you for being a part
of the CATS family!

COUPON

Bring-a-friend to class,
if they sign up that
day, you get a \$25
credit on your account
for future use! Friend
must sign up for at least
half a session!

COUPON

Bring this to the gym
and sign up for a free
class! LIMIT 1
COUPON PER PROMO
TION! NOT GOOD
FOR OPEN GYM.