

UDSGC Inc Children's Fun & Fitness
Center
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Urbandale, IA
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<http://www.udsgc.com>

The News Flash

Special Fall 2010 Edition



Dear Students and Parents:

We are very excited about our upcoming new school year. Check out the changes in our recreational gymnastics & tumbling program (Rainbow Stars) our new curriculum is educationally sound as were is physical skill attainment.

UDSGC, inc. Children's Fun & Fitness Center is proud to have evolved from a dance and gymnastics facility to include martial arts, Urbandale All Star cheerleading, On the Pond Swim School, birthday parties and special events.

Come see us at our open house on Saturday, August 21st from 9 am – noon. Get 25% off Bunny Hutch purchases on that day!

This *special fall edition* is devoted to the explanation of the individual classes. We invite you to look over the class listings and choose the class that is best suited for your child. Once you have chosen a class, please complete the enclosed forms (registration, medical history, and club waiver / release form) and return it to our office by August 31, 2010(Call or come in to get the specific time for the class you desire.)

Class sizes are limited and our programs fill up quickly, so please return your forms early to reserve your spot and we will call you with times and days for you to select.

Our philosophy and promise to our parents is to use sound educational teaching techniques to allow your child to develop their talents.

We realize that we have a unique opportunity to influence the lives of those students who are enrolled in our program in a positive manner. We provide our teaching staff with continuing educational classes. This will ensure that your children will have the most current teaching approaches to the sport of gymnastics, dance, karate or cheerleading and swimming.

We promise to design a program with fun, fitness, and the opportunity for students to develop their individual ability whether it is in our recreational or our competitive programs. If you have any questions, please give us a call. We look forward to seeing you this fall.

Sincerely,

Candy and Ron Winters

Why Choose UDSGC??

- We promise to enhance your child's fun & fitness needs.
- Spacious, air conditioned and heated facility.
- Open viewing at all times with a large number of windows to see your child in action. We are proud to show off our programs!
- Large, diverse, dedicated, fully trained staff in safety and teaching techniques to help your child learn more!
- Our recreational programs help to educate you on your child's fun and fitness needs.
- We let your child choose recreational or competitive activities here at our club.
- We planned our space in the facility – enough room for all our special programs and actives.
- Fully equipped Bunny Hutch Pro-shop for all your attire needs for class.
- First Children's Swim School in Iowa!

Class Selections:

Dance Classes:



- Baby Boogie Bunnies(Tap and Ballet): Ages 2-3(with parent). 30 minutes @ \$62.00/eight week session.
- Boogie Bunnies(Tap and Ballet): Ages 3-4. 45minutes @ \$62.00/month.
- Kinder Boogie Bunnies(Tap and Ballet): Ages 4 ½-5 ½. 45 minutes @ \$62.00 /month.
- Starlets: Ages 7 - 9yrs 1 hr @\$64.00 month.
- Collage: Ages 8 – 10 yrs 1 hr @ \$64.00/month.
- Sampler: Ages 9 - 11yrs. 1 hr @ \$64.00/month.
- Elite: Ages 9 - 13yrs. 1 hr @ \$64.00/month.
- Extra Ballet: Ages 9 yrs and older. 1 hr @ \$60.00/month.
- PrePointe: By invitation only. 30 minutes @ \$59.00/month.
- Dance Select: By invitation only. 3 hrs @ \$110.00/month.
- Hip Hop: Ages 9 yrs and older. 1 hr @ \$64.00/month.

Tumble Bunny Preschool Gymnastic & Tumbling:

- Diaper Bunnies: Ages 1-2(with parent). 30 minutes @ \$62.00/eight week session.
- Pee Wee Bunnies: Ages 2-3(with parent). 45 minutes @ \$77.00/eight week session.
- Toddler Bunnies: Ages 3-4. 45 minutes @ \$58.00/month.
- Kinder Bunnies: Ages 4 ½-5. 1 hour @ 64.00/month.

Rainbow Stars Recreational Gymnastics:

(Cost is based on monthly charge)

- Stars: Ages 6 and older. 1 hour @ \$64.00.
- Comets: Ages 6 and older. 1 hour @ \$64.00.
- Zephyrs: Ages 6 and older. 1 hour @ \$64.00.
- Asteroids: Ages 6 and older. 1 hour @ \$64.00.
- Novas:Ages 6 and older. 1 ½ hours @ \$67.00.
- Super Novas: By invitation only. 2 hours @ \$75.00.

Recreational Tumbling:(Cost is based on monthly charge)

- Pulsars: Ages 6 and older. 1 hour @ \$64.00.
- Quasars: Ages 6 and older. 1 ½ hour @ \$66.00.
- Nebula's: By invitation only. 2 hours @ \$75.00.

Self-Defense Classes:(Cost based per 8 week session)

- Little Ninjas: Ages 4-6. 30 minutes @ \$62.00.
- Beginning Karate: Ages 7 and older. 1 hour @ \$77.00.
- Intermediate Karate: Ages 7 and older. 1 hour @ \$77.00.
- Advanced Karate: Orange Belt and up. 2 hours @ \$90.00.

Urbandale Cheer Program:(All prices are monthly)

- Thunder Bolts (Recreational): Ages 3-5. 45 minutes @ \$56.00.
- Lightning Bolts(Recreational) Ages 1st-5th grade. 1 hour @ \$5800.
- Typhoons (Competitive). 6 years on Up. 6 hours.

USAG & USTA Competitive Programs:

- Gymnastics Team (By invitation only)
- Tumbling and Trampoline Team. Call club office for more details.

Birthday Party Packages: (Minimum # 8 – Maximum # 15)

- Non refundable Booking Fee: \$25.00
- 1 ½ hour party: \$13.00 per guest
- 2 hour party: \$14.00 per guest. (arts & crafts included)



Check this out:

➤ Referral policy:

- ☆ Each friend who enrolls gives you \$10 credit on your child's account here at the club.
- (Make sure that they let us know you referred them!)

➤ Discounts:

*Discounts do not apply to registration fees.

- ☆ If you have one or more children taking class, you will receive 10% off the 2nd child's tuition and etc. per additional children.
- ☆ If your child is taking more then one class other then dance , you will receive \$5 off every class after the first.
- ☆ If one child is taking a gymnastics class and a dance class, they will receive 50% off the dance class. (no other discounts apply.)

➤ Want to check out the club??

Office hours are this August:
Mon.-Thurs, 9:00 am – 7:00pm
Friday, 5:00 - 700pm



→ Come to our open house on Saturday, August 21st from 9 am to noon.

➤ 4 easy ways to enroll by 8/31/10

1. Come in to the club
2. Fill out a form and mail in with payment or have it emailed or faxed
3. On line at www.udsgc.com
4. Call in and charge by Visa , Master Card or Discover

➤ Don't want to write checks each month??

→ Sign up for our credit card billing service. Let the front desk know and we will automatically bill your credit card each month. Check at the front desk for more details. **On line payment is also available as well.**

→ Get the Bunny Hutch Punch Card and use it to get a discount after so many punches!



How to Register

To reserve your spot in the class, fill out the enclosed registration form. Please include the registration form, class fees and mail or bring the form in to the office to reserve your spot in the class. You may also phone in your registration by using a Visa, Master Card or Discover. Confirmation packets will be mailed to you if you mail or phone in your registration. If you are phoning in your registration, a medical history and a club waiver will be sent along with the registration packet and will need to be returned before the first day of class.

If you choose to pay ahead for six months, you will receive a 5% discount, or if you pay nine months, you will receive a 10% discount.

Monthly class payments are due between the 1st and the 14th of the month. Ask about our credit card billing service. *Courtesy calls or e-mail will be given for payments not received by the 10th day of the month. Late fees are assessed if payment is not received by the 15th.

Our programs operate on a monthly basis with an average of 4 weeks per month and 35 weeks in the school year. The summer session is 10 weeks. During the school year a few months include 3 weeks while others include 5 weeks. The monthly fee will remain the same regardless of the number of weeks in the month.

For copy of the rules and policies for the 2010-2011 school year, please stop by the Club. Our school year is September 7, 2010 – May 28, 2011.

All students must have a current medical history and club waiver to participate in a class. Registration hours for August 1-31:

Monday-Thursdays : 9:00 am. - 7:00 pm

Friday: 5:00 – 7:00pm

We have two gyms. The big gym has all the Olympic equipment for the gymnastics and tumbling needs of all our students. The little ones get their sized equipment & gym to concentrate and learn in a fun, safe environment. We also have a specialized dance floor in our Dance Studio for our dancers 2 years old and up. We have small class sizes for your child's dance education and we don't just focus on teaching recital dances. Our Martial Arts program teaches children in an educational sound manner, like the rest of our programs. You need to use your brain, not your fists. The All-Star Cheerleading program combines stunting, jumping, tumbling, and dancing in a safe environment. Classes, depending on the level, have a maximum of 10 – 12 Students.

Positions Available at the Club

We are currently taking applications for the following part-time job opportunities:

Front Office

Gymnastics Instructors/Coaches

Dance Instructors

Mobile Classroom Instructors

Prior training and teaching skills a must. We are in need of experienced instructors for the Rainbow Stars Programs, Gymnastics Team, & Tumble Bunny Gym as well as dance instructors trained in tap, ballet, and jazz. All employees receive a discount in the pro shop and 50% off tuition at the Club. A.M. & PM Hours are available. If you have an interest in the above listed positions, please stop by the office and complete an application form.

A Little About Us.....

Providing a positive and safe learning environment is a primary goal of UDSGC, Inc.. We attain this goal by maintaining a small instructor-student ratio and with a credential teaching staff 16 years and older. All instructors on staff are ACEP Coach Certified by the USAG. Our high standards ensure your child of the most qualified, individual attention our professionals have to offer.

Candy Winters, owner of this facility and program supervisor, has a Bachelor Degree and Master's Degree in Physical Education, Recreational and Dance, is a certified teacher and coach (K through grade 12) and is USAG Coach and Safety certified. She is also a former National Instructor for the KAT Program for USAG.

Ron Winters is a facility owner with a Bachelor Degree from University of Iowa in Business Administration. He is USAG Coach Certified and Safety Certified. Ron is the former USAG Age Group Chairperson for Iowa on the USAG Iowa State Board.

Our Affiliations and Certifications:

IA Dept. of Public Instruction
Teacher Certified K – 12
USAG Coach and Safety Certified
AAHPERD
KAT Certified Program
USAG Member Club
USTA & AAU Member Club
ASEP Coach Certified
NCA, UCA, USSA

Activities at UDSGC, Inc.

(each event is open to the public, please call the office if you have any questions)

Open Gym

All pieces of equipment will be open for use and any skill that is safe and reasonable for the student may be worked on. The first one will be on October 9th from noon – 2:00 pm.

See the Club calendar in your registration packet for other dates. Cost is \$10.00 per person. Open gym is open to nonmembers also.



Birthday Blast Parties....

We do all the work.... invitations, birthday, t-shirt, and goodies bags are included in each package.

We have four packages to choose from. Each package has a variety of activities to select, such as: supervised gymnastics, dance, martial arts or cheerleading activities, games, obstacle course, arts & crafts.

To reserve a party call the Club Office at 276-4191 for more details!

Club Calendar

October 23- Halloween Party
December 18 -Frosty's Gala
November 20th – Star Wars #1
February 19th-Star Wars #2
April 16th – Hippity Hoppity Easter Party
May – Summer Class & Camp Sign-up
May 21st -Roll Into Summer
June 1st - Flip Fest
June 2 & 3 -Dance Recital
June 6 -Summer Classes and Camps Start

Parents Night Out

For children potty trained on up. We watch a movie, have popcorn, pizza , lemonade to drink, and open gym.

Cost is \$15.00 first child, \$25.00 second sibling, \$30.00 third sibling.

With the max cost of \$30.00 per family. Bring a non club member and get an extra \$3.00 off your family total (per non club member). Time is 6pm-9pm on every other Friday night through out the year. The first one will be on September 24th. See the Club calendar in your registration packet for other dates.

Lunch Bunch:

For children ages 1-kindergarten. The Club provides the drink and the children bring a sack lunch. The children will be participating in tumbling, dance, obstacle courses, and art & crafts. The time is 11 a.m. - 1 pm. Cost is \$11.00 per child. Lunch Bunch is held on the 3rd Friday of select months. The first one will be September 19th. See the Club Calendar for other dates.

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A Publication of UDSGC Inc.
Children's Fun & Fitness
Center



“The Program for Your
Child's Fun & Fitness Needs”

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Address Correction Requested