

Salto Gymnastics

September 2009

Welcome Salto Families!

We would like to take this opportunity to welcome all students and families to Salto. We want your child's experience here to be enjoyable as well as educational. A special *thank you* to all those students who have returned. Your continued support is appreciated!

At the beginning of a new session, we like to review some of the important rules in the gym. Students must be reminded to stay off the equipment and mats before their class begins. We would appreciate it if you would be on time for class. Warm-ups are a very important factor in gymnastics and dance. If your child is

not warmed up, the chances for injury are higher. Gymnasts will need to have their hair tied back out of their faces so it will not block their vision. Girls should not wear two piece leotards (crop top with shorts). This is not appropriate attire in the gym. Remember also that there will be no gum chewing.

Parents, we ask for your full cooperation and consideration in the viewing area, up & downstairs, and in the lobby. If you have any questions, please stop by the office or call Salto at 549-3344.



Important Dates

- 10/26-10/27— Salto's Trick or Treat Classic meet
- 10/31—Class fees must be paid in full
- 10/31—Happy Halloween!!
- 11/30— Last day of Fall Developmental, Dance & Tiny Tot Classes
- 11/25-28—Happy Thanksgiving!!
- 12/1— Second Session begins!



Salto offering Three 12-week sessions, Fall, Winter & Spring



Salto has continued their new format for all their classes. We are once again offering three 12-week sessions.

FALL/WINTER/SPRING 2009-2010

Fall — September 3, 2008 thru November 25, 2008

Winter — December 1, 2008 thru March 7, 2009

Spring — March 9, 2009 thru May 29, 2009

Class Fees:

Tiny Tots (40 minutes)	\$163.00
Developmental (1 hr)	\$202.00
Developmental (1 1/2 hr)	\$295.00
Dance (40 minutes)	\$163.00
Dance (1 hour)	\$163.00
Cheer	\$134.00
Home School	\$125.00

You can sign up for as many sessions as you choose.



Pick 'n Save Info:

Salto is signed up for the WE Care program at Pick 'n Save. A percentage of what you spend is given to the Salto Booster Club and placed in the General Fund quarterly.

No fund raising necessary — JUST BUY GROCERIES!!

Go to your local Pick 'n Save Customer Service counter and tell them you would like Salto's number 698400 placed on your card.

Any questions feel free to contact Kriss Zuhlke @ kriss@couri.com.



SPORTS MEDICINE INSTITUTE

The Aurora Sports Medicine Institute of Aurora Health Care will again be partnering with Salto Gymnastics for the 2008-2009 season. Tyler Syltie, a Licensed Athletic Trainer, will be at the gym, please check the board for the day and time. Whether you have a question regarding a recent injury or would like tips on injury prevention or training and conditioning, feel free to utilize his expertise. If this time is not convenient, please call our clinic at 821-4460 and we will set up an injury assessment at no charge to you.



SPECIAL DANCE/GYM COMBO

This fall Salto West and Salto Brookfield are offering a Dance and Gymnastics combination class. The children will spend 40 minutes in the gym and have 40 minutes of dance. There will be a 10 minute snack break. Check with the office for cost and class times.



☆ Tiny Tot Open Gym ☆

SALTO WAUKESHA

Monday - Thursday 11:30—12:30pm

Open Gym is \$3.00 for students enrolled in a tiny tot class at Salto. Non-members may attend and pay \$5.00 at the door.

SALTO BROOKFIELD

Tuesday 12:15—1:15pm
Friday 12:15—1:15pm

Open Gym is \$3.00 for students enrolled in a tiny tot class at Salto. Non-members may attend and pay \$5.00 at the door.

☆ Developmental Open Gym ☆

SALTO WAUKESHA

Saturday 2:30—4:30pm

Cost is \$7.00 at the door. Guest cost is \$10.00 at the door.

Open to anyone:
First grade & above

SALTO BROOKFIELD

Saturday 1:00—3:00pm

Cost is \$7.00 at the door. Guest cost is \$10.00 at the door.

Open to anyone:
First grade & above

Inclement Weather

In case of snow, ice, or severe cold weather, we will notify the following stations to broadcast a closing bulletin:

TV Channel 4
TV Channel 12
WTMJ 620am
WLTQ 97.3fm
WKTI 94.5fm
WISN 1130am
WKLH 96.5fm
LAZER 102.9fm



Cancelled classes will be made up. Salto will not be held responsible for errors that are broadcast on radio or television.



Salto offers Birthday Parties for children ages 4-12. They are available at both our Waukesha and Brookfield locations. Parties are \$150.00 + tax for 1-1/2 hours, and \$175.00 + tax for 2 hours, with up to 15 guests. For more information, please contact Beth at the Waukesha Gym (549-3344) or the Brookfield Gym (782-3430).

SALTO
Waukesha, Wisconsin

1417 Poplar Drive
Waukesha, WI 53188

Phone: (262) 549-3344

Fax: (262) 549-0267

Email: saltowest@aol.com

Make-Up Classes & Refund Policy

Make-up classes are allowed, where there is class availability. Please check with the front office. If your child misses 3 or more consecutive classes due to an **injury** or **long-term illness**, the money for those classes missed will be *credited* towards your child's next session. You must notify the office **immediately** when the injury or illness occurs, and when your child returns. If you fail to notify the office, we cannot credit your account.