

In This Issue

[Calendar / Important Dates](#)

[Thank You Sponsors](#)

[Review us on Yelp](#)

[December Birthdays](#)

[Open Gym Punchcards](#)

[Late Fall Session Registration](#)

[Winter Registration](#)

[Welcome/Edge Policies](#)

[Holiday Gym Closure Dates](#)

[Compulsory Girls' Results](#)

[Preschool Program](#)

[Open Gym Times](#)

December 2016



CALENDAR



Upcoming Gym Dates:

November 28th-December 11th Express Registration Begins for the Winter Session

December 12th-18th Priority Registration Begins for the Winter Session

December 19th Open Registration Begins for the Winter Session

December 23rd Last Day of Late Fall Session

January 9th Winter Session Begins

Upcoming Events:

Registration for Winter Session!

Winter Session is January 9th - April 1st

Express registration: November 28th - December 11th

Currently enrolled students may register for their current class, on the same day, at the same time for the next session. Registration is available online, by phone, in person, or by dropping an express registration form in the drop box.

Priority Registration: December 12th - 18th

Currently enrolled families may register for any available class for their level. Registration is available by phone or in person. **(No online registration is available during this registration period.)**

Open Registration: December 19th - End of session

Current, new, and returning students may enroll in any available class for their level. Online registration reopens up for Late Fall at this time.

Tired of dealing with registration every session? Ask about our Auto-enrollment program and we'll take care of registration for you!

Call the office at (925) 479-9904 for more information or click below to register online.

December 3rd
Kids' Night Out

Gym Closures:

Dec 24th - January 8th
Holiday Gym Closure

Upcoming Optional Girls Meet:

December 10th-11th
Judges' Cup Qualifier and Critique
Meet hosted at Edge

December 17th
Optional Team Intra-squad



Edge Gymnastics

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www.Edge-Gymnastics.com

info@edge-gymnastics.com



Contact the front office at (925)
479-9904 for more information
or [click here to register online.](#)

Welcome to the 2016 Winter Session! **We wanted to give you a quick reminder of our policies at Edge:**

Instructors

* We do not guarantee instructors. While we attempt to schedule instructors in advance of a new session, we reserve the right to make adjustments to that schedule to best meet the needs of our students. Additionally, circumstances beyond our control may arise which can result in an instructor becoming unavailable and a substitution being made.

Make-Up Policy

* Students may make-up two (2) missed classes in

Open Gym. Make-ups must be completed within the

session that they occurred. Make-ups may not be carried over into a new session.

Refund Policy

*Once the session begins on November 7, 2016, **no refunds or credits will be given.**

Parking Lot Safety

* For the safety of our gymnasts entering the gym, please drive slowly through the parking lot.

* Please do not block the front door or use the handicapped parking spots as a place to drop off or pick up your child. We have Edge members who have handicapped placards that need those parking spots.

* During regular business hour (9am-5pm), please park on the "Edge" side of the fence and refrain from parking on the other side of the fence.

General Rules

* Children and/or parents are not allowed on the floor until your coach calls you out to begin your class.



Thank you to our Team Sponsors & Community Partners!

Platinum Sponsor

Dublin Physical Therapy

Gold Sponsor

Dr. Joanne Rahman, San Ramon Children's Dentistry

Woodward West

Silver Sponsor

Dr. Sandy Bigman, Bigman Orthodontics

Bronze Sponsor

Pediatric Dentistry San Ramon-Christine Kobayashi, D.D.S

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Saint Francis Memorial Hospital-

* Please do not allow your children to sit on the half-wall that surrounds the gym floors.

* There is a \$10 change fee for students wishing to switch classes after the session has begun.

Dress Code

* Children need to wear comfortable play or workout clothes, free from zippers, buttons, or belts, when participating in classes. Some clothing suggestions are leggings, or athletic shorts, with a t-shirt. A tight fitting shirt is recommended, so that when your child goes upside down, their shirt will not ride up. ***Students may not wear jeans, necklaces, or other dangling jewelry in class.***

* Children will be barefoot on the floor so no special shoes are required.

* Long hair needs to be pulled back into a ponytail.

* Wearing a leotard is encouraged for girls, but not required.

Thank you for choosing Edge Gymnastics!

If you have any questions, please give us a call at 925-479-9904.

Gym Announcements

Starting January 11, 2017 we will be opening up an additional 5 and Under Open Gym on Wednesdays 11:30-12:30pm for Winter Session

Happy Holidays from Edge Gymnastics!

Center for Sports Medicine

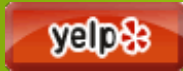
Stacy Kadash College Consulting

Tile Setters Toy Store

West Coast Sporting Goods

Please Thank and Support these
gracious businesses!

Show Your Love
for Edge on



If you love Edge, sign on to yelp
and tell us why!

[Click Here to Review Us
on Yelp!](#)



Happy Birthday to our Students
with **December** Birthdays!

- | | |
|----------|---------------|
| Madeline | Ada i |
| Sanaa | Antia |
| Zayd | Barukzai |
| Reese | Bayne |
| Ashley | Bertalotto |
| Kaeya | Bhosley |
| Bailey | Blackburn |
| Sophie | Borys |
| Nikita | Bulusu |
| Miranda | Canha |
| Eila | Carella |
| Mia | Davis |
| Parker | DeCosta |
| Devin | Dhillon |
| Kiran | Dhillon |
| Tate | Domergue |
| Aelani | Doshi |
| Elise | Doyle |
| Camila | Equihua-Cerda |
| Alivia | Farmer |
| Addison | Fell |



*For the Winter holidays we will be closed
December 24th - January 7th
We hope you have a great Holiday!*

Compulsory Girls' Team Results



NORCAL Level 5 State Championships November 5th-6th Oroville Gymnastics, Oroville

The Edge Level 5 team competed at the 2016 Norcal
State Championships at Oroville Gymnastics

In the team competition, **Level 5** took 3rd Place team!

Congratulations to the gymnasts on their outstanding
accomplishments:

Level 5:

- Tika Chand - 1st Place Bars and Floor
- Olivia Cooper - 1st Place Bars and Floor
- Amy Fukami - 1st Place Floor
- Caitlin Hewitt - 1st Place Beam

Isabella	Geraghty
Ashlene	Ghuman
Addison	Gofron
Adam	Gunderson
Gianna	Gutierrez
Kinley	Hewett
Lyla	Hoban
Alex	Holton
Sabrina	Howeth
Isaiah	Humphreys
Navya	Jain
Yashvi	Jain
Ria	Jam
Ashby	Janakes
Leyoni	Jaya singhe
Gabby	Johnson
Siyona	Johnson
Mysha a	Krishnan
Jackson	Lan gon
Arshea	Lanka la palli
Michael	Lebedeva
Brianna	Lee
Maia	Lee
Ivy	Lee
Nathaniel	Locus
Samra	Lulseged
Sierra	Masse
Riyana	Melvani
Addison	Monnastes
Molly	Murphy
Emme	Murray
Nadia	Mustafa
Diya	Panda
Navya	Parekh
Lila	Park
Lalitha	Pasumarthi
Andres	Pineda
Kyleigh	Pineda
Marin	Przeslawski
France	Quisenberry
Scott	Radman
Alexia	Rashidi
Sienna	Rios
Daniella	Rivas
Jordan	Rivas
Cobi	Ronen
Brienna	Roske-Wilkus
Hannah	Ruth
Aaria	Sarma
Gavin	Schulman
Ariya	Scranton-Mlay

Sophia Hunt - 1st Place Floor
 Sophia Jin - 1st Place Beam
 Madelyn Osborn - 1st Place All Around, Bars, Beam, and Floor
 Aria Spaulding - 1st Place All around, Bars, and Floor
 Ryenn Woods - 1st Place All Around

Special shout out to **Madelyn Osborn** for making the Norcal Level 5 State team with the fourth highest all around score of the entire meet!!!



NORCAL Level 4 North State Championships November 12th-13th Redwood Empire Gymnastics, Rohnert Park

The Edge 4 teams competed at the 2016 Norcal North State Championships at Redwood Empire Gymnastics

In the team competition, **Level 4** took 1st Place Team!

Congratulations to the gymnasts on their outstanding accomplishments:

Level 4:

Marley Betancourt - 1st Place Floor
 Zoe Dix - 1st Place All Around, Bars, Beam, Floor, and Vault
 Sarah Dorn - 1st Place All Around, Vault, and Bars
 Sarah Kamagaki - 1st Place Bars, Beam, and Floor
 Jessica Ly - 1st Place All Around, Bars, Vault, Beam, Floor
 Julia Ty - 1st Place Vault, Beam

Special shout out to **Jessica Ly, Zoe Dix, and Sarah Dorn** for making the Norcal Level 4 State team with the top 3 all around scores of the entire meet!!!

Yamin	Seraj
Aanya	Sheth
Aliya	Singh
Brianna	Singh
Eva Maria	Strasburger
Chloe	Sun
Lauren	Sunahara
Ian	Thomas
Emily	Tonsberg
Katelyn	Tsao
Lucia	Velasquez
Sara	Vijaya Gadad
Alec	Wentner
Faith	West
London	Whitney
Danielle	Wong
Murci	Wong
Isabella	Yamello
Darcy	Yang
Samantha	Yeung
Nathan	Yuen
Rachel	Zhang

Birthday info Here: [Flyer](#)
 Have your Birthday Party at EDGE!

Open Gym Punch Cards!

*Edge members should call ahead to schedule a make-up class in open gym. Edge members are allowed to make up two missed classes for per session **in open gym** for missed classes.

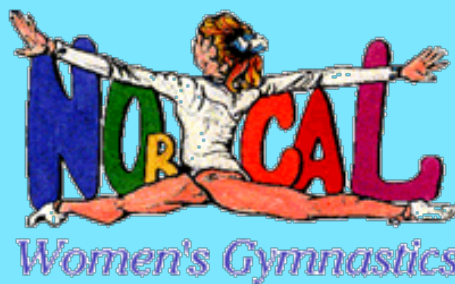
Do you frequent Open Gym? Ask about our **Open Gym punch card** for your convenience and savings!

Ages 5 & Under -10 punches:

\$50 for Members
 \$70 for Non-Members

Ages 6 & Up - 10 punches:

\$100 for Members
 \$130 for Non-Members



NORCAL Level 3 North State Championships November 19th-20th Technique Gymnastics, McClellan Park

The Edge Level 3 team competed at the 2016 Norcal North State Championships at Technique Gymnastics

Congratulations to the gymnasts on their outstanding accomplishments:

Level 3:

- Emma Braga - 1st Place Floor
- Olivia Delgado- 1st Place All Around
- Kristin Der- 1st Place All Around, Vault, Bars, and Floor
- Lauren Han - 1st Place Floor
- Selena Huang - 1st Place All Around, Bars, Floor
- Julia Villena - 1st Place All Around, Bars, Beam, and Floor
- Alyssa Vu - 1st Place Bars
- Lily Wilson- 1st Place All Around, Vault, Beam and Floor
- Allison Yeh- 1st Place Floor

Go Edge!!!

Edge Gymnastics Preschool Program

In December our preschoolers will continue to work on their tumbling skills. We will focus on lunge position, and practice starting our handstands with a lunge. We will continue to practice and improve our forward rolls and backward rolls. We will also focus on tick tocks and practice cartwheels. Preschoolers will also work on pike position. On bars we will work on pike basket hangs and pike swings. We will also work on front support, casts, and squat-ons. Preschoolers will work on strength skills on bars, including chin hangs and leg lifts. On Balance Beam, preschoolers will continue with a variety of walks (including forward, sideways, backward, kick, and releve).

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- figure skating
- skiing
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- gymnastics
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- tennis
- skiing
- hockey
- baseball
- volleyball
- golf
- swimming
- gymnastics
- weightlifting

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If you can think of it, we can create it!

We will work on level changing skills and dismounting on beam. We will work on 3 second balance holds, ie. flamingos, releve holds, and knee scales. Preschoolers' vaulting skills will focus on punching the spring board, jumping, safe landing, squat-ons and straddle-ons. We will also practice sprinting and arm circles.



Our special theme for the month of December is Teddy Bears. Preschoolers may bring their

favorite Teddy Bear (or other stuffed friend) to class. They will teach their stuffed friends gymnastics!

Open Gym Times

Open gym is a great way for your kids to get some exercise and have some fun!

Join us for the following open gym times:

Open Gym for Kids 5 Years Old and Under
Tuesdays & Fridays 11:00 pm - 12:00 pm

First Saturday of the month* 12:30 pm-1:30 pm
 (Subject to change; please check calendar)

Members \$6; Non-members \$8

Open Gym for kids age 6 - 17 years old
Fridays 7:00 pm-8:30 pm

Third Saturday of the month* 12:30 pm-1:30 pm
 (Subject to change; please check calendar)

Members \$12; Non-members \$15

December 2nd - Open Gym, 5 & Under
 Open Gym, 6 & Up

December 13th - Open Gym 5 & Under

December 16th - Open Gym, 5 & Under
 Open Gym, 6 & Up

December 20th - Open Gym, 5 & Under

December 23rd - Open Gym, 5 & Under
 Open Gym, 6 & Up

