

November Newsletter

FCG's fall session runs from September 8th- November 22nd. Registration for FCG's winter session is approaching, be sure to secure your child's spot as classes fill very quickly. Registration for winter classes will open October 27th.



Dress Code

- Attire: Leotard or comfortable tight fitting clothing.
- No Jewelry including necklaces, earrings, and bracelets.
- Hair tied up for classes and out of face.
- No sports bras or two piece sets worn to class please.

Important Dates:

November 22nd- last day of classes for the fall session.

Lyman Orchard pie pickup will be November 3rd between 4:30-7:30pm

Tot Twisters

Guided by an instructor, your child will further develop fine and gross motor skills as they run, crawl, climb, and jump their way through our age appropriate gymnastics equipment. Each class starts with a five minute stretch, followed by an instructive song. your child will be able to utilize the bars, beam and tumble track One parent participant is required.

Upcoming Dates:

- Week 6: Bean Bag Balance Week!
- Week 7: Pumpkin Patch Adventure Week!
- Week 8: Spooky Halloween Week!
- Week 9: Pajama Week!
- Week 10: Confidence Week!
- Week 11: Fall Recap Week!



Check out our Monthly Fun Recipe:

<https://www.fannetasticfood.com/healthy-pumpkin-muffins-or-bread-of-deliciousness/>