



Quarterly Newsletter

January - March 2017

A Culture of Positivity, Encouragement, and Love!

Welcome to Iron Cross

Welcome to Iron Cross Gymnastics! We hope you find your experience with us warm, inviting, and professional! For questions about any of our programs or events, feel free to stop by our front desk or call 281-342-4766(IRON).

Tuition Incentive Program

Our tuition discounts are now available! Please stop by or call the front desk to take advantage of these special savings.



Available Discounts:

Quarterly Tuition

*Pay for January - March in advance and receive a 5% discount (We will use your January tuition payment towards this quarter if you choose to take this option.)

If you have any questions about our memberships or payment programs, please stop by our front desk and one of our staff will be happy to assist you.

*Call (281)342-IRON for more information.

**These discounts cannot be combined with other promotional offers or discounts.

The New Year at Iron Cross

We are excited for the new year! There will be amazing things happening at Iron Cross this year and we can't wait to see it all unfold. As always, we are proud to be able to share these wonderful events with you, our Iron Cross Family!

Beginnings Birthday Celebration!

In February, 2017, it will be ONE YEAR that the Beginnings gym has been open! In fact, it is an additional 10,000 square feet that was added to Iron Cross Gymnastics!

Our "littles" get to enjoy an area of their own, with gym equipment that is just the right size for them, but it doesn't end with the Beginnings area, we also added two dance rooms for all of our new little dancers. Also enjoying the dance rooms, is the very first Iron Cross Dance Team, who has been gearing up for their first meet season in 2017! It has been an outstanding year, and we have you, our amazing and encouraging customers to thank for it! We are so grateful for you and are so blessed by your children! You are all amazing and we love you! We also look forward to the new additions coming in 2017.

In honor of the Beginnings gym turning 1 year old, we would like for our Beginnings students to bring a friend to class the week of February 6-11!

Throughout the week, we will be celebrating by having class birthday parties! Invite your friend to help us celebrate this special occasion. Stop by the front desk for more information or call 281-342-IRON(4766).



Valentine's Day Parent's Night Out

Love is in the air and to help you celebrate it, Iron Cross is hosting a very special parent's night out!



Start planning a special date for your Valentine, because it's time for our 9th annual **Valentine's Day PNO!** Need somewhere to leave the kids to enjoy this special night out? We have you covered



with the fun and entertainment for the kids! Drop them off with us Saturday, February 11th, 5:30pm-11:30pm. We'll play games, have gymnastics obstacles and stations, bounce

around, make a Valentine's Day craft, enjoy a movie and have a pizza party!

Register by Saturday, February 4th to receive an Early Bird price of \$40 per child and \$35 for siblings. After February 4th, the price is \$45 per child.



DON'T MISS OUT ON THE ALL OF THE FUN!

Upcoming Camps at Iron Cross

MLK Day Camp

- Monday, January 16, 9am-3pm
- \$30 per child/\$25 siblings
- 10% LCISD and FBISD teacher discount



President's Day Camp

- Monday, February 20, 9am-3pm
- \$30 per child/\$25 siblings
- 10% LCISD and FBISD teacher discount

Spring Break Camp

- Monday-Friday, March 13-17, 9am-3pm
- \$125 for the week per child
- \$100 siblings
- \$30 per day per child/\$25 siblings
- 10% LCISD and FBISD teacher discount

Spring Break Day Camp

Staying home during Spring Break this year? Need to get the kids out of the house for the week of spring break?



Iron Cross is the perfect place for them to burn off some energy!

They'll play games, do gymnastics, and have arts and crafts time. We will keep the kids busy and active! The camp will run Monday-Friday, March 13-17, 9am-3pm, \$125 per child for the week/\$100 siblings or \$30 per day/\$25 siblings and a 10% LCISD/FBISD teacher discount.

For more information, call 281-342-IRON(4766).



March Madness

We've gone MAD!!! March Madness is upon us once again, and we're slashing prices this month for the best deals yet!!! Take a look at what we're doing.

SAVINGS, SAVINGS, SAVINGS, SAVINGS!

March Deals

- Pro-Shop – Everything 25 % Off!
- Spring Break Camp - \$125 per child/\$100 siblings
- March PNO's - \$20 per child
- March Open Gyms - \$15 per child
- FREE Iron Cross Car Decals in March!



SAVINGS, SAVINGS, SAVINGS, SAVINGS!

Customer Appreciation Party!

We have a very special day planned for all of our customers! Not only will we have a big blowout celebration on Saturday, April 1st, but



we will also have mini-celebrations the entire week of March 27th April 1st. At the end of the week on Saturday, April 1st, we will have a



big Customer Appreciation! We're bringing in a petting zoo. We'll have face painting, air bounces, open gym, and so much more!!! On top of all of that, we'll also be giving out door prizes! You don't want to miss out on all of the excitement. We hope to see you here as we celebrate the best part of Iron Cross Gymnastics & Dance, **THE CUSTOMERS!**



Team News

As the girl's compulsory season ends, a new season for the girls optionals, boys team, XCEL, and dance team begins!

We are very excited to begin a new chapter with the Iron Cross teams as our Girls XCEL and Dance teams prepare to compete this year!



All of our team kids and coaches have been working extremely hard to prepare for meet season. These kids come in anywhere from 15 hours to 35 hours a week, not including extra time they come in to work during their days off! These kids are ones to watch as they go

out and represent Iron Cross Gymnastics! Good luck to all of our athletes this season! We can't wait to see you perform!



ICG Health Corner

Are you too sick to attend gymnastics or dance?

We understand that having a sick child can be stressful for some families due to having to miss work, school absences and fees paid for tuition. However, there are a few things to consider before bringing your child to gymnastics when they are feeling a little under the weather.



Does your child have any of these symptoms?

- Fever above 100°
- Uncontrolled coughing, wheezing, difficulty breathing, or is lethargic
- Diarrhea
- Vomiting
- Any sort of rash

Did the doctor diagnose a contagious illness?

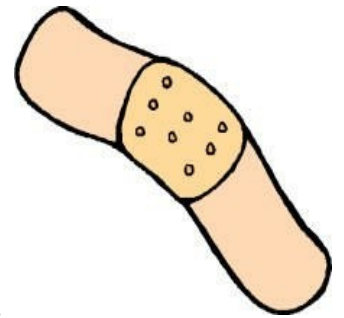
- Strep
- Whooping Cough
- Impetigo
- Head lice
- Pink eye
- Scabies
- Chicken Pox

If you can answer yes to any of these questions, your child would be better served by

staying home and resting. Gymnastics is a strenuous activity that requires a lot of energy, concentration, strength and balance. If your child is not feeling well, he/she may run the risk of an injury on top of being ill.

When deciding whether or not your child should attend, please consider the Golden Rule (Do unto others as you would have done to you.)

If you would not like your child to play/attend class with another child with the same symptoms, then please do not bring your child to class. Iron Cross has an unlimited make up policy, so if your child misses a class for any reason, he/she may make it up another time (provided that time is available and you call ahead to schedule.)



Have a happy and healthy new year, and we'll see you in the gym!

Guess who? Can you name these Iron Cross coaches?

