

Our mission is to provide a warm, loving and clean environment for children to learn the love of dance and the sport of gymnastics through a positive manner and to bring out the best of every child so they can grow and prosper.

## Session Dates:

### **SESSION 1**

(Current Session)

August 22 -  
October 15

### **Next Session:**

Session 2

October 16 –  
December 17

### **FALL BREAK:**

NO CLASSES

Nov. 20-26



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## DANCE NEWS:

SunDance is pleased to welcome dance teacher, Jill Litzenberger. Jill will be taking on many of our combo, ballet, tap, modern and ballet technique, classes. Jill has been dancing and performing for over 20 years. She started her training here in Colorado and continued to pursue her training at University of the Arts, Pennsylvania focusing on Dance and Musical Theater. Jill traveled around the world performing and studying with many companies and

choreographers including Disney Cruise Lines and DWR, Cirque du Soleil, Koresh Dance Company, Royal New Zealand Ballet, Ormao Modern Company, and The Movement Dance Co. Jill returned to Colorado to start a family and be close to hers. Now, with a 7 year old daughter, she is so excited to have the opportunity to teach with a goal of instilling in her students grace, inner beauty, confidence in their creativity, and self discipline.

### **Check out our new YOGA classes!**

Mommy and Me YOGA Bears on Tuesdays  
1:00-1:30 p.m.

Adult Lyrical/Contemporary/ YOGA on Tuesdays  
1:30-2:30 p.m.

YOGA Bears for ages 4-6 on Tuesdays  
2:30-3:00 p.m.

YOGA for ages 13+ on Thursdays  
7:15-8:30 p.m.

## SunDance Team Gymnastics

### **USAG Girls:**

The girls are gearing up for a great season with a packed meet schedule. The season will kick off with a meet at Colorado Aerials on September 18<sup>th</sup>. Followed by our home meet on September 24<sup>th</sup>. October meets will be held at 5280 Gymnastics on the 14<sup>th</sup> and Apex Academies on the 29<sup>th</sup>. November 19<sup>th</sup> they will be at CATS in Boulder.

### **STATE MEET DATES**

Level 6 December 3&4  
Level 5 December 10&11  
Level 4 December 17&18

### **USAG Optionals:**

The Optional team is headed into a challenging meet schedule starting in January at TIGAR, followed by the San Diego Classic, the Pikes Peak Cup, Airborne Gymnastics and the Winter Cup.

### **EAGLES Team:**

The Girls' EAGLES Prep-Op team finished a great season at the state meet in June.

Level 3's took 4<sup>th</sup> place

Level 4's took 5<sup>th</sup> place

Level 5's took 1<sup>st</sup> place

Our Optional 5,6, and 7 girls had great individual finishes as well.

### **BOYS' TEAM NEWS:**

We would like to welcome several new boys to the team. Our new Level 4's at this time are: Harrison, Denzel, Elijah, Nicholas, Ethan, Jacob, Nathan, and Natthan. New to our team also is Level 6/7 Jack, and returning after a move across country and back is Level 6/7 Noah.

Boys' Team parents be watching for information on a parent meeting and uniform exchange coming in early October.

## NEW CLASS OFFERINGS:

We have a number of new classes that we're offering this year in both gymnastics and dance. CHECK THEM OUT!

### Gymnastics

Tumbling for all stages, back handspring to back tucks.

### Dance

Yoga for kids and adults, adult contemporary, and student choreography.

Brand new classes combining dance and gymnastics for ages 2 through 9.



## Birthday Parties

SunDance would love to host your child's birthday party!

Parties can be booked on Saturdays or Sundays

Call today to reserve your spot!  
481-8208

**SunDance is the proud host to the Palmer Ridge Bears gymnastics team.**

Season Practice began August 15<sup>th</sup>. A busy season lies ahead. Please plan to join us for their home meet here at SunDance on September 10<sup>th</sup> @ 2 pm

## STUDIO ETIQUETTE

1. Respect your teacher and classmates
  - Listen to your teacher
  - Use inside voices
  - Do not come to class when you are sick
2. Respect our studio
  - No gum, candy or non-water beverages in classes
  - Pick up after yourself
  - Do not climb on furniture
3. Be a courteous student

### Attire Reminders:

No attached ballet skirts for gymnastics. Only leotards, please.

Boys-Remember no zippers or snaps. T-shirts or muscle shirts are preferred to button up or uniform shirts.

Don't forget to bring your clean feet!

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SunDance sadly says good-bye to Coach Terri Gillespie. Terri has been a recreational and competitive team coach for many years. We wish her well in her pursuit of a college degree.

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Plan to join us for National Gymnastics Day on Saturday, September 17<sup>th</sup>. More details coming soon!

SunDance welcomes Kristina Escobar to our coaching staff. Tina is a University of Houston graduate with a BS in nutrition. She will graduate with a Masters in sports nutrition from UCCS summer 2012. Tina has been a gymnast and cheerleader for twelve years, and participated on the UH cheer squad as choreographer. Tina was a collegiate pole vaulter and an Olympic weight lifter, placing 3<sup>rd</sup> at Worlds' in 2008, 10<sup>th</sup> in 2009, and 2<sup>nd</sup> at NCA Nationals. She holds several national certifications. We are pleased she will be joining our recreational and tumbling gymnastics coaching staff.

WE WELCOME SARAH MOULDEN TO OUR TEACHING STAFF. SARAH HAS BEEN DANCING WITH US FOR A NUMBER OF YEARS AND SPENT A FEW OF THEM ON OUR COMPETITIVE GYMNASTICS TEAM AS WELL. SARAH IS TEACHING OUR SATURDAY DANCE/GYM COMBO CLASSES!



JOIN US here at SunDance for our USAG home meet on Saturday, September 24<sup>th</sup>