



March
2010



The Cartwheel Chronicle

Spring Break

Hand 2 Hand will be closed for normal business hours from Monday, March 29th to Sunday, April 4th.

We will have extra open gyms and private lessons available during this time—please watch for upcoming information.

Proshop Sale

All products in the proshop will be on sale this month.

T-shirts, shorts and leotards will be \$5.00 off. Hair bows and socks will be \$1.00 off.

This is an incredible deal—stock up today!!!

Preschool Theme

The preschool theme this month is about Easter. Thanks to Coach Nicole for making such great lesson plans that are lots of fun and educational.

Gymnastics is one of the most comprehensive “lifestyle exercise programs” available to children incorporating strength, flexibility, speed, balance,

coordination, power and discipline.

Gymnastics and early childhood movement education is directly attributed to developing neurological pathways in students and promoting reading readiness. (Raising-A-Reader 1999)

Benefits of Tumbling

1. Tumbling develops coordination and timing.
2. It develops agility and flexibility because of the nature of the movements.
3. Because of the running and springing in tumbling activities, strength is developed in the legs.
4. Courage and determination are developed.
5. Learning to control the body in basic tumbling skills has great carryover to other sports.
6. The art of falling correctly, as learned in tumbling, is of great importance in many sports as well as normal daily activities.
7. Because tumbling is a natural activity, it is self-motivation and provides a great deal of fun and enjoyment for its participants.

Excerpt from Loken & Wiloughby’s “Complete Book of Gymnastics.”

Cranberry Orange Muffins

- 2 cup flour
- 1/2 cup sugar
- 1 T. grated orange zest
- 2 t. baking powder
- 1 t. salt
- 1/4 t. baking soda
- 2/3 cup orange juice
- 1/2 cup melted butter
- 2 eggs
- 1 cup dried cranberries
- 1/2 cup ground walnuts

Mix together dry ingredients. Mix in orange juice, butter and eggs. Stir in cranberries and walnuts. Bake at 350 for 20-25 minutes in prepared muffin pans. Enjoy!

*“Our Lord has written the promise of the resurrection, not in books alone, but in every leaf in spring time.”
`Martin Luther*



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Psalms 139: 9,10

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Special points of interest:

- © Don't wait—sign up for that extra class or private lesson today to prepare for tryouts!
- © Birthday parties are a favorite at H2H—make sure to reserve your spot today!

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