

# THE BLAIZE

PAA Newsletter - Issue No. 3



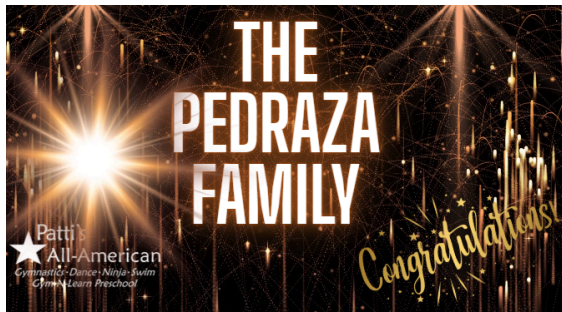
## \$1000 WINNER! Congratulations to the PEDRAZA Family!

🎉 WE HAVE A WINNER! 🎉

A massive thank you to all the amazing families who referred their friends to us. We are so incredibly blessed that you love sharing the Patti's All-American magic! ✨

As a reminder: If you're ever unhappy, tell us so we can fix it. If you're happy, TELL YOUR FRIENDS! You'll ALWAYS get a \$50 tuition credit as a thank-you! 💰

Huge congratulations to our Thousand-Dollar Throwdown winners... **The Pedraza Family!**



## Gym Closing Dates

Celebrate America's 250th Birthday with Patti's All-American! ✨

In honor of our nation's historic 250th Birthday, PAA will be closed **July 3rd, 4th, and 5th** so our staff and customer families can enjoy a wonderful holiday weekend together. Please note that classes missed on Friday, July 3rd will still receive their full four classes for the month, and we will automatically issue makeup tokens for Saturday, July 4th and Sunday, July 5th. Later in the month, we will also close the gym on **Wednesday, July 29th and Thursday, July 30th** for an extensive deep cleaning and essential staff professional development training. Since students will still receive their full four classes for July, it is the absolute perfect time for us to refresh the



## Is Your Child's Swimsuit Easy to See Underwater?

When you are packing the swim bag this week, take a close look at your child's swimsuit color. Water safety experts recently conducted a study testing how different swimsuit colors look underwater, and the results are a major eye-opener for parents.

In a pool with a light-colored bottom, many common swimsuit colors completely vanish the moment a child goes beneath the surface or if the water has surface ripples.

## The Winners: Neon & Brights

The absolute safest, most visible colors in a swimming pool are:

- **Neon Pink**
- **Neon Orange**

Bright **Neon Yellow** and **Neon Green** also rank highly. These colors contrast sharply with the blue/white reflection of pool water, making it incredibly easy for lifeguards, instructors, and parents to spot a child instantly.

## The Disappearing Acts: Colors to Avoid

You might want to think twice before buying or packing these colors for pool days:

- **White and Light Blue:** These completely disappear. White looks like a cloud or a reflection of light, and light blue blends seamlessly into the pool lining.
- **Dark Colors (Black, Navy, Dark Grey):** While you can see them if the water is perfectly still, the moment there are splashes or ripples, these colors quickly begin to look like a shadow or a pile of leaves/debris at the bottom of the pool rather than a child.

facility and elevate our team's education. Have a fantastic, safe holiday weekend!



## Gym-N-Learn says "Happy Birthday, America!" 🎉🇺🇸

This week, our preschoolers have been learning all about America's big birthday! Here is a quick look at what we explored together:

- **The Meaning of July 4th:** We learned that the Fourth of July marks the day the United States became a free, independent country.
- **How We Celebrate:** We talked about why people celebrate with picnics, parades, and fireworks, and how we can show gratitude for our home.
- **Courage Big & Small:** We discussed how the early leaders of our country showed incredible courage. We connected this to our preschoolers, who show courage every day by trying new things, building skills, and facing challenges with confidence!
- **The American Flag:** The children loved learning about the flag and what its symbols represent.

## Why We Share This History

We believe teaching our country's history in an age-appropriate way is so valuable. It helps our little ones:

1. Develop pride in their community.
2. Appreciate the freedoms they enjoy.
3. Grow into kind, responsible citizens.

❤️🤍💙 Wishing all of our families a safe, fun, and happy Fourth of July!



# DROP-IN CLASSES!


**\$20! Call 24 hours in advance to get more gym time this summer**



## **WE'RE HIRING—And We Need Your Help to Find the Next PAA Superstar!**

Who knows the secret to the Patti's All-American magic better than **YOU**? Our amazing families know exactly what it takes to be a fantastic coach: high energy, a friendly personality, and a passion for keeping kids safe and smiling!

If you know someone who would be a perfect fit for our rockstar team, share the love (and the link)! Let's team up and keep building the absolute best staff in the business.

 **Share this link with your awesome friends, family, or favorite teachers today:**  
**[APPLY HERE!](#)**

Thank you for helping our Patti's family grow!



## Red, White & Blue Blackstone Pancake Tacos

### **The Ingredients:**

- **Your favorite pancake batter** (made slightly thin so it spreads well)
- **Red (The Firecrackers):** Fresh sliced strawberries and raspberries
- **White (The Sparklers):** Whipped cream (spray cans are the most fun for kids!) and mini marshmallows
- **Blue (The Freedom Stars):** Fresh blueberries
- **The Drizzle:** Maple syrup or melted chocolate

### **How to Make Them:**

1. **Prep the Blackstone:** Heat your griddle to medium-low and coat it with a little butter.
2. **Cook the "Shells":** Pour the batter into 4-inch circles. Wait for the bubbles, flip, and cook until just golden but still soft and flexible.
3. **Shape the Tacos:** Pop them off the griddle and slightly fold them into taco shapes while they are still warm (pro-tip: a clean egg carton or a flipped-over muffin tin works great to hold them upright!).
4. **Decorate!** Let the kids stuff their taco shells with the whipped cream "clouds," then pile on the red strawberries and blue blueberries.

It's sweet, messy, patriotic, and guaranteed to be a huge hit before the fireworks start!





**SCHOOL-AGE PARENTS!** Don't forget about the **July Flexibility & Strengthening Calendar** we handed out in class!

Keep those bodies moving all month long! If your child completes the calendar every day and turns it in by **August 8th**, they will be entered into an awesome raffle to win a special surprise gift! Let's stay strong and flexible this July! turn it in by Aug. 8th for your chance to win!

July 2026		SUMMER Challenge	
1 F: 15 bridge rocks C: 30 squats	2 F: bridge with 2 leg up C: 15 burpees	3 F: 20 sec right split C: 30 crunches	4 F: 20 sec left split C: 15 sec superman hold
5 F: 20 sec middle split C: 10 v ups/v sit lifts	6 F: 20 sec straddle sit C: 30 jumping jacks	7 F: 20 sec right split C: 30 lunges	8 F: 20 sec left split C: 25 tuck jumps
9 F: 20 sec downward dog C: walk feet up wall HS	10 F: 20 sec middle split C: 15 levers	11 F: 20 sec right split C: 25 pike jumps	12 F: 20 sec left split C: 20 wrap ups
13 F: 20 sec downward dog C: 25 straddle jumps	14 F: 20 sec right split C: 15 levers	15 F: 20 sec left split C: 20 mountain climbers	16 F: 20 sec middle split C: 20 mountain climbers
17 F: 20 sec right split C: 30 second plank	18 F: 20 sec left split C: 15 straight leg sit ups	19 F: 20 sec middle split C: 15 straight leg sit ups	20 F: 20 sec right split C: 30 second plank
21 F: 20 sec left split C: 15 straight leg sit ups	22 F: 20 sec middle split C: 15 straight leg sit ups	23 F: 20 sec right split C: 15 straight leg sit ups	24 F: 20 sec left split C: 15 straight leg sit ups
25 F: 20 sec middle split C: 15 straight leg sit ups	26 F: 20 sec right split C: 15 straight leg sit ups	27 F: 20 sec left split C: 15 straight leg sit ups	28 F: 20 sec middle split C: 15 straight leg sit ups
29 F: 20 sec right split C: 15 straight leg sit ups	30 F: 20 sec left split C: 15 straight leg sit ups	31 F: 20 sec middle split C: 15 straight leg sit ups	32 F: 20 sec right split C: 15 straight leg sit ups



### MEET MISS NICOLE!

Nicole began coaching as a teenager and has since shared her expertise at top programs including Elite Trampoline Academy in New Jersey—home to Olympic athletes—as well as Eagle Gymnastics Academy in Frisco, Texas, and Midwest Training and Ice Center in Dyer, Indiana. With over 20 years of coaching experience, Nicole is passionate about helping young athletes develop confidence, discipline, and a lifelong love for gymnastics. Fun fact—she first learned coaching techniques by watching Patti's Tumblebear videos on VHS, making her arrival at Patti's feel like coming full circle!



### #PAAUpsideDownSummer

Summer shenanigans are officially in full swing, and we want to see how your little athlete stays active! Whether they are



Did Someone Say **FREE Open Gym Playtime?!** Mark your calendars for **JULY 9th** from **1:00 to 1:45 PM** because

doing a handstand at the beach, a cartwheel in the backyard, or a headstand on the living room rug—we want to see them flipping over summer! 📸✨

**Here is the fun part:** Post your favorite upside-down photos on social media using the hashtag

**#PAAUpsideDownSummer.** At the end of the summer, we are compiling ALL of your photos into a **BIG, epic slideshow** to show off our amazing Patti's community! 👥❤️

How cool will it be for your child to see themselves starring on the big screen?! Grab your cameras, get upside down, and let the summer fun begin! We can't wait to see your photos! 📸👉

**Tumblebear Indoor Playground** is taking over! This is our ultimate preschool open gym built just for our high-energy little ones up to age 5.

And guess what? If your child is officially a **BEAR** at Patti's—whether they are a **Tumblebear, Dancing Gym Bear, or Ninja Bear**—this extra gym playtime - is **100% FREE** and already included right in your tuition! 🐻

Want to bring a buddy along for the fun? The more the merrier! Guest friends can join in on the action for just **\$10**.

Come on out, burn some energy, and get some extra gym time in! **\*Starting in August we will be back to the 3rd Thursday of each month!** 🐻🎈

## Dad Joke of the Week: What kind of shoes do frogs wear? Open-toad sandals!!



### ATTENTION NINJA PARENTS!

Does your ninja want to break a real board and experience some non-stop fun?! 🍷💪  
We are hosting our **Ninja Break Board Clinic**, and it is going to be absolute blast! Your ninja will learn proper technique, build incredible confidence, and get to power through a board like a true master. Tuesday, July 7th 2:30-3:00pm

## ONLY A FEW MORE SKILL CLINICS IN JULY! Sign up NOW! Check out our Camps & Clinics!

- GNL Lost in SPACE! - Mon, July 6th - 8:45-11:15am
- GNL 3-Day Adventure Camp - Minecraft Quest to the Ender Dragon Camp - July 7-July 9 - 12-2:30pm
- Ninja Breakboard Clinic - July 7th 2:30-3:00pm
- Cartwheel Clinic - Wednesday, July 8th 12:15-12:45pm with Miss Nicole!
- Tumblebear Indoor Playground, July 9th 1-1:45pm

[Visit our Website for Camps & Clinics](#)



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