



Livingston County Gymnastics

Dear Parents,

Let me begin by being the first to welcome you to Livingston County Gymnastics. For those of you who don't know me, my name is Katie Conlan. (I own, manage and most importantly instruct many of the gymnasts here at the facility, in addition to coaching the Fowlerville High School Gymnastics team). I have been instructing gymnastics for 17 years and am dedicated to starting this program for kids to gain self confidence, while providing physical fitness in a safe, fun environment. If I could just take a minute of your time, I will give you a brief overview of the program and its unique qualities.

Livingston County Gymnastics (LCG) is a recreational gymnastics program that offers many classes devoted to the physical, social and psychological development of tumblers, cheerleaders and gymnasts. In addition to the 10 different classes we offer for kids age 2 and up, we also host birthday parties, field trips or offer kids the opportunity to help refine skills with scheduling private lessons at the facility. The activities in the classes are designed to improve balance, coordination, strength and flexibility while reinforcing good social skills within a group environment. My passion is to focus on the development of every child's *individual* ability. I understand that children advance and learn at their own pace and take pride in recognizing all "accomplishments" no matter how big or small.

Now that you know a little bit about the program let me thank you for choosing to begin a journey with us, and please don't hesitate to ask questions or express concerns I will be happy to address them all!

Sincerely,
Katie Conlan

517-672-6062

www.livingstongymnastics.com