

THE WISC WORD NEWSLETTER



FEATURED



WISC/SHARKS SKILLS ACADEMY REGISTRATION IS OPEN!

WISC and Sharks will be offering an academy skills clinic in November and December. It's a 5 week program with a one hour session each week from 5:30-6:30pm. Space is limited!

Girls (Ages 6-10) - Mondays
Boys (Ages 6-9) - Tuesday
Girls/Boys (Ages 10-15) - Wednesdays

MASSAGES

WISC OFFERS MESSAGES

Give Michelle a call to book your appointment at (757) 903-4302.

Upcoming Events

NOVEMBER 2018

Every 1st Sat	Tumble Time 4-6pm - upstairs gymnastics area for ages 5 and under
Every 1st Sat	Open Gym 6-8pm - downstairs gymnastics area for ages 6+
Fri, Nov 2	Parents Night Out
Fri, Nov 16	Parents Night Out
Sat, Nov 17	Middle School Social
Thurs, Nov 22	WISC will be CLOSED for Thanksgiving

Go to www.thewisc.com for more details.

BIRTHDAY PARTIES AT WISC!

WISC can make your child's birthday party extra special! Activities include gymnastics, swimming, soccer or areas in The Zone. Give us a call to check availability and book your party!

BIRTHDAYS



TEAM GYMNASTICS

GROWTH MINDSET AWARDS!

Level 3's holding up their Growth Mindset Awards! WISC Gymnastics prioritizes learning to allow kids to focus on that which makes them a champion, hard work!



COLONIAL CLASSIC GYMNASTICS MEET

SAT NOV 10

Come out and watch a great day of gymnastics. Spectators are welcome!

NO TEAM GYMNASTICS PRACTICES

NOV 22-25

No Team practices from Thursday Nov. 22nd - Sunday Nov. 25th.
Happy Thanksgiving!!

REC GYMNASTICS

SNOWFLAKE CELEBRATION FUN MEET

SAT DEC 15

Register for Term 6 and you can sign your child up to participate in our Snowflake Celebration Fun Meet on December 15th! Child must be enrolled in Term 6 to participate.



REMINDER!

No gymnastics classes Saturday, November 10th due to the Colonial Classic.

YOGA

YOGA CLASSES AT WISC

Time to set a goal to open those energetic channels and get your Yoga Glow. Sign up for a yoga class today!



DANCE

NEW HOMESCHOOL CLASSES

Deadline for registration is November 30th. Homeschool classes will be on Mondays & Wednesdays from 1-2pm.



SENTARA SPOTLIGHT

Sentara Therapy Center-Treyburn

Now open and offering physical, occupational and speech therapy for adults and children.



Ask Us About Your Aches and Pains

Direct access to physical therapy makes it easier to get started on the path of healing.*

Visit the newest Sentara Therapy Center in Williamsburg on 3901 Treyburn Drive, or any of the 11 Sentara Therapy Centers conveniently located throughout the Peninsula.

Call 855-852-9066 to schedule or visit www.Sentara.com/Therapy for locations.

**Direct access does not apply to pediatric therapy which requires a physician referral prior to seeing a therapist.*

www.sentara.com

Your community, not for profit health partner



SPECIAL EVENTS

All events require pre-registration at www.thewisc.com

PARENTS NIGHT OUT

Two Fridays in November!

NOV 2

Time: 6-10pm

Ages: 4-12

Cost: \$25/first child, \$20/additional siblings

NOV 16

Pizza and drinks are included for dinner.

MIDDLE SCHOOL SOCIAL

Time: 7pm-10pm

Cost: \$10/person

NOV 17

Music, karaoke, turf games and fun in the Zone. Light refreshments included.

SOCCER

WINTER REC SOCCER

Registration will open in December and the indoor league will begin in January.

AQUATICS

NEW

NEW PADDLE YOGA AT WISC!

This class incorporates traditional yoga poses while balancing on a paddle board. This increases the amount of core stability needed to achieve each pose, develops balance, increases breath control, activates new muscles and is empowering, motivating, and fun! It is a great class to incorporate into your traditional yoga practice. Classes are held Wednesdays 10:15-11:15am.



SPONSOR OF THE MONTH:

Casey Auto Group | www.caseyauto.com

The Casey Auto Group was founded by the late Arthur M. Casey in 1958 as a single franchise dealership. Today the organization is still a family owned and operated business that consists of six locations in Newport News and Williamsburg. Now with 7 of the best American and Import vehicle lines from entry level to high-line luxury, the Casey Auto Group continues to meet and exceed Hampton Roads' transportation needs.

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WELCOME NEW SPONSORS

Trip Bound and Williamsburg Heating & Air Conditioning Inc.



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