

# Gymnastics Central Newsletter



## August 2023



### Athlete Spotlight



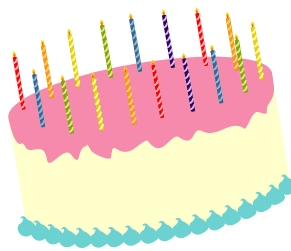
Our Athlete Spotlights for the month of August is Alli D! Alli was nominated by her coach, Ariel, because of how hard she has been working to prepare herself to move up to the Top Guns team this month. Way to go, Alli!

Alli's interest in gymnastics started when she was about 10 years old. What she enjoys most about her tumbling & trampoline class is being able to do back handsprings and back tucks on the rod floor. Outside of gymnastics, Alli likes cheerleading, swimming, and running.

We love having hard-working athletes like Alli at the gym. Keep up the great work!

### Birthday Parties!

Does your child have a birthday party coming up? Well, good news! Gymnastics Central is hosting birthday parties! Is there a better way to spend your birthday than running, jumping, and climbing at Gymnastics Central? Gym warrior sets available as well!



Preschool parties also available!

### Daytime Playtime!

★ Fridays ★

10 - 11 AM

★ Ages 2-5 ★

\$7 Per child

Pre-Register Online  
Spaces Limited!

**\*RETURNS 9/8/23\***

### Open Gym

Fridays [Times TBA]

Ages 6 and Up

\$10 Per Child



Pre-Register  
Online

**\*RETURNS 9/8/23\***



### Staff Spotlight

Our Staff Spotlight for the month of August is Coach Dara! Dara is an absolutely fantastic coach with over 30 years of experience under her belt. She's worked at some of the best clubs in the country and has been the recreational director and gym manager at Gymnastics Central since the summer of 2019. She has coached both boys' and girls' gymnastics and is a certified men's gymnastics judge. She used to train horses some years ago but has a love for them even today and volunteers at a stable in her time off.

We're so lucky to have Dara at the gym. Thanks so much for all that you do!

### Round Off & Back Handspring Clinic

Saturday, September 23rd

1:15 - 2:45 PM

\$20 Per Child

Ages 7 & Up



### Changes to Coaching Staff

As summer comes to a close and we head into fall, you may notice some changes in class instruction. Many of our coaches are still in school and their schedules will change when that starts back up later this month.

If you have any questions regarding staff changes, please let us know!

# Gymnastics Central Newsletter



August 2023



## Fall Tuition Increase

Starting September 1st, 2023, tuition for all rec classes, teams, and pre-team programs will increase slightly (by 3-5%).

More information regarding this increase, including the full updated prices for each program, will be sent out to all families via email later this month.

## Gymnastics Central Attire

When in classes at the gym, students should wear a one-piece leotard or a t-shirt and athletic shorts/footless leggings - nothing with zippers or things that could get caught on other pieces of clothing/equipment.

They should also not wear large pieces of jewelry like necklaces or dangling earrings (studs are okay!).

Hair should be tied up out of the face in a ponytail or a bun during class.



# Last-Minute *Holiday* Shopping Camp

December 18th, 19th, & 20th

9:00 - 12:00 PM

Ages 5-12

\$40 Per Day/ Per Child

