

# Gymnastics Central Newsletter

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## September 2020

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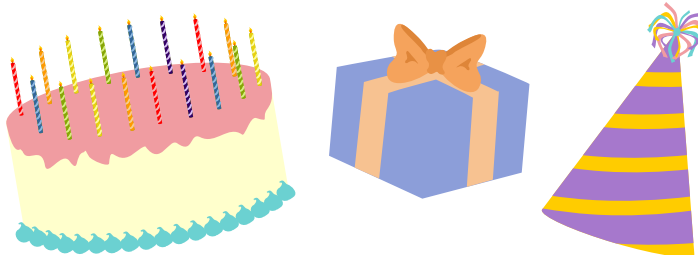
## Athlete Spotlight



Our Athlete Spotlight for September is the Bronze Xcel Stars team! Dara nominated her whole team because they have worked so hard all summer to prepare for their upcoming meet season and she is so proud of them. Congratulations Ceci, Kenley, Jordyn, Emerson, Ann, Jess, Aubrey, Adeline, Ella, and Taylor! Keep up the fantastic work and good luck this season!

## Birthday Parties!

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



Only for ages 5 and up!



## Staff Spotlight

Our Staff Spotlights for the month of September are Emily, and Ava! Both instructors started with us back in July and we could not be more excited to have them as a part of our team! Both currently instruct both preschool and gymnastics level 1 classes and are doing such great jobs! We're so lucky to have such wonderful coaches working at the gym. If you see Emily or Ava around the gym, be sure to say 'Hi'!

## Daytime Playtime!

★ Fridays ★  
10 - 11 AM  
★ Ages 2-5 ★  
★ \$5 Per child ★  
★ Pre-Register Online ★  
★ Spaces Limited! ★

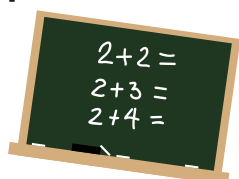
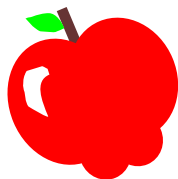
## Open Gym

Fridays 7:30 - 8:30PM  
Ages 6 and Up  
\$10 Per Child



Pre-Register  
Online

Gymnastics Central will be  
**CLOSED**  
for Labor Day  
Monday, September 6th



## Round Off & Back Handspring Clinic

Saturday, September 11th

1:15 - 2:45 PM

\$15 Per Child

Ages 7 & Up



## Gym Reminders

Appropriate attire for classes or practice is a leotard or athletic wear. Hair should be pulled up and out of the athlete's face. No large jewelry or dangling earrings.

Gymnastics is not permitted in the lobby - only on the gym floor! Additionally, playing on the bleachers in the lobby is not permitted.

Our water fountain is still unavailable. Please bring a water bottle from home. We do have a vending machine on site. Water is \$1 and the machine accepts cash only.