

Gymnastics Central Newsletter

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2+3 =
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September 2022

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Athlete Spotlight



Our Athlete Spotlight for September is Olivia P! Olivia is an athlete on our Xcel Stars Silver & Gold team. She was nominated by the Bronze Stars team coach, Dara, because she recently got her kip and has worked really hard to move from competing Silver to competing Gold. Way to go, Olivia! Olivia has been in our gymnastics program for 2 years now. Her favorite part of gymnastics is being able to learn new things and being with her friends. Outside of the gym, Olivia enjoys playing the ukulele - very cool! We love having enthusiastic and dedicated athletes like Olivia at the gym!

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!



Daytime Playtime!

★ Fridays
★ 10 - 11 AM
★ Ages 2-5
★ \$7 Per child

★ Pre-Register Online
★ Spaces Limited!

Open Gym

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



**Pre-Register
Online**

Staff Spotlight



Our Staff Spotlight for September is Coach Mattie! Mattie is a former member of our Optionals team and is a current coach for our Xcel Stars Silver & Gold team. Additionally, she will be coaching the Nagel Middle School cheer team when their season starts later this year. Mattie was nominated by coach Dara because she is doing such a great job with the Stars team. We are so lucky to have coaches like Mattie working at Gymnastics Central! Thanks so much for all that you do.

Round Off & Back Handspring Clinic

Saturday, October 1st

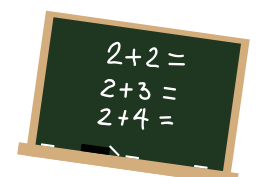
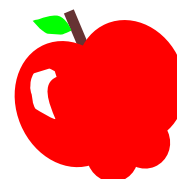
1:15 - 2:45 PM

\$15 Per Child

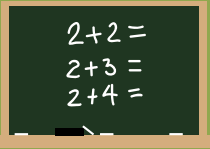
Ages 7 & Up



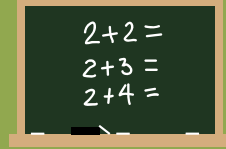
Gymnastics Central will be
CLOSED
for Labor Day
Monday, September 5th





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September 2022



Are You
The Ultimate Gym Warrior?



**GYM WARRIOR
COMPETITION**
Saturday, Oct 29th
\$25 Per Athlete
Costume Contest!

Ages 5 & 6	Ages 7 - 9	Ages 10 +
2:00 - 3:30 PM	2:00 - 3:30 PM	3:45 - 5:15 PM

Register online today!



Last-Minute
Holiday
Shopping Camp

**December 19th, 20th,
& 21st**

9:00 - 12:00 PM

Ages 5-12

\$35 Per Day/ Per Child