

Gymnastics Central Newsletter

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September 2023

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Athlete Spotlight

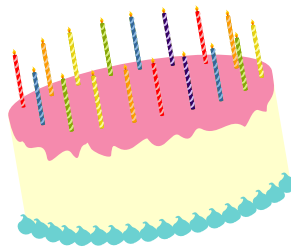


Our Athlete Spotlights for the month of September is Reagan M! Reagan is an athlete on our gymnastics pre-team. She was nominated by her coaches, Alaina and Alexis, because she's a great listener, an amazing cheerleader for her fellow teammates, and so, so determined! Reagan has been in gymnastics for about 3 years now. Her favorite part of practice is strengthening her skills. Outside of gymnastics, Reagan likes to play soccer and ride roller coasters at Kings Island!

We love having dedicated and persistent athletes like Reagan at the gym. Keep up the awesome 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 8:00 - 9:00

Ages 6 and Up

\$10 Per Child



Pre-Register
Online

RETURNS 9/8/23

Staff Spotlight



Our Staff Spotlight for the month of September is Ariel! A former Gymnastics Central team athlete, Ariel is now the head coach of our Tumbling & Trampoline team program and the assistant manager of the gym!

She started off wanting to learn a cartwheel and since then has been an Elite Athlete, won 2 National titles, was on the USA National Team, and has represented Team USA on two international assignments!

We're so lucky to have passionate and talented coaches like Ariel at Gymnastics Central. Thanks so much for all that you do!

Round Off & Back Handspring Clinic

Saturday, September 23rd

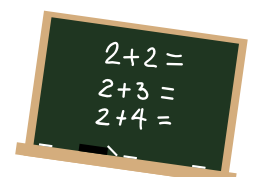
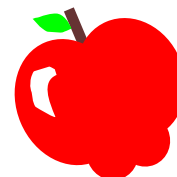
1:15 - 2:45 PM

\$20 Per Child

Ages 7 & Up



Gymnastics Central will be
CLOSED
for Labor Day
Monday, September 4th



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Last-Minute *Holiday* Shopping Camp

December 18th, 19th, & 20th

9:00 - 12:00 PM

Ages 5-12

\$40 Per Day/ Per Child



Fall Tuition Increase

Just as a reminder, tuition has increased for all recreational classes, teams, and pre-teams. An email was sent out on 9/12 with a breakdown of all the new prices, but you should be able to see your athlete's new tuition in your September statement.

Please feel free to reach out to the office with any questions you may have!

Gymnastics Skills Update!

If you've checked the parent portal in the last week, you may have noticed some updates to the skill list for your child's gymnastics class(es). These updates do include a few new skills, but some of the skills have simply been re-worded, both for clarity's sake and to ensure more consistency when athletes are moved from one level of class to another. The new skills fall in line with what your children have already been working on in class - some of them were even already part of the curriculum, they just weren't tested for before now!

This is only for gymnastics classes. The skill lists for tumbling & trampoline and gym warrior classes have not changed.