

# Gymnastics Central Newsletter



## October 2020



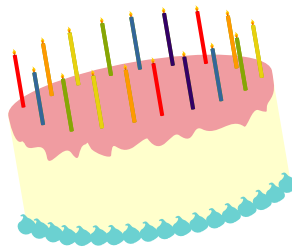
### Athlete Spotlight



Our Athlete Spotlight for the month of October is Caitlin Johnson who was nominated by T&T team coach, Richard! Caitlin was nominated because she always works incredibly hard. She is currently on track to be Gymnastics Central's next Senior Elite athlete - that's incredible! Outside of the gym, Caitlin works with preschool-aged children in addition to being one of GC's coaches! Caitlin teaches our Dance Combo class and is the coach for the gymnastics Pre-Team! We love having hard-working athletes like Caitlin 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!



Only for ages 5 and up!



### Staff Spotlight

The Staff Spotlight for October is Miss McKenna! Formerly an athlete on our T&T team, McKenna has been at Gymnastics Central for [] years! She currently instructs preschool, entry-level gymnastics, entry-level T&T, and gym warrior classes. She is always willing to lend a helping hand when needed! We love having passionate and reliable coaches at the gym! If you see McKenna around, be sure to say 'Hi'!

### All Registration is now ONLINE!

Registering for classes at Gymnastics Central is easier than ever with our Parent Portal! Simply go online and click the link on our homepage to be taken to the portal!

[gymnastics-central.com](http://gymnastics-central.com)



### Health & Safety Policies

We are still strongly encouraging drop-off and pick-up for classes or for parents to wait in their cars. If you do choose to stay, our current policy is one parent per child for in-lobby viewing. Since seating is still limited at this time, we do ask that athletes do not leave their belongings on an unoccupied seat; instead, these should be left either with a parent or against the back walls by the cubbies.

All daytime classes will run as scheduled on Saturday, October 31st!

Happy  
Halloween!



### Make-Up Policy Change

Starting in November, we will be allowing only 1 make-up per month. This make-up will expire 30 days after the day of the missed class but can be scheduled ahead of time as well.

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### Open Gym & Daytime Playtime

Open Gym will be returning in October! Starting Friday, October 9th we will have open gyms on Fridays 7:15 - 8:15 PM. In order to keep everything safe, we will be limiting the amount of students and athletes able to sign up for open gym. You must pre-register online through the Parent Portal - **walk-ins will not be allowed at this time**. Open gym will be \$10 per child, this includes team and pre-team athletes. At this time we will be limiting the size of open gym to 20 students. This is open to children ages 6 and up.

Daytime Playtime will also start Friday, October 9th. Daytime Playtime will be held on Fridays, 10:00 - 11:00 AM and will be \$5 per child. Like open gym, you must pre-register online for Daytime Playtime - **walk-ins will not be allowed at this time**. We will be limiting the size of Daytime Playtime to 10 children - parents must remain on the floor with children during Daytime Playtime. This is open to children ages 2-5.

Please contact the office with any questions you may have!

### Coming Soon to Gym Warrior!

New equipment coming soon to our gym warrior set - the 'ninja rack'!

This fun, new equipment will help our gym warriors leap, climb, and soar better than ever! Keep an eye out for this exciting new addition to the warrior set!



### Back Handspring Clinic

**Saturday, October 3rd**  
**12:00 - 1:30 PM**  
**Ages 7 & Up!**  
**\$15 Per Child**

Register Online through our parent portal!