

Gymnastics Central Newsletter



October 2021



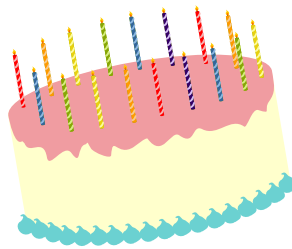
Athlete Spotlight



Our Athlete Spotlight for October is Lauren C! Lauren is a student in one of our level 2 gymnastics classes. She's been interested in gymnastics for about two years now. Her favorite part of gymnastics is the bars because you can do all types of flips on them, but she also loves the giant trampolines! Outside of gymnastics, Lauren likes to do arts & crafts, play outside, build, play American Girls, and taking golf lessons - but she loves gymnastics the best! Lauren was nominated for this by her instructor, Emma, because she is so hard working, has a great attitude and never, ever gives up! That's awesome, Lauren! 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 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!

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



Staff Spotlight

Our Staff Spotlights for the month of October is Lexi M! Lexi joined the tumbling & trampoline competitive team at Gymnastics Central back when she was 7-years-old and has loved the sport ever since! Currently Lexi coaches our gymnastics pre-team, our Xcel Stars Gold & Silver team and many of our recreational classes for all different age-groups and levels! We love having passionate, engaging coaches like Lexi at the gym. Be sure to say 'Hi' if you see her around!

Round Off & Back Handspring Clinic

Saturday, October 9th

1:15 - 2:45 PM

\$15 Per Child

Ages 7 & Up



Gym Warrior Competition

Saturday, October 16th

1:30 - 3:30 PM

\$20 Per Child

Ages 5 & Up



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Ninja Competition!

A few of our Gym Warriors attended a Ninja Competition on Saturday, September 11th at Gym Nation. Good Job to all who competed!

Name	Division	Result	Time
Isabelle Long Romero	Group A Beginner	Did Not Complete Incline Ladder	00:27.00
Addison Huck	Group B Beginner	Completed Incline Ladder	00:29.16
Zane Rose	Group C Beginner	Completed Balance Beam	00:59.36
Hunter Gleason	Group C Beginner	Completed Balance Beam	01:02.26
Aubrey Gleason	Group C Beginner	Completed Cargo Net	00:38.76
Allie Grosser	Group C Beginner	Completed Incline Ladder	00:10.80
Mariana Long Romero	Group C Beginner	Completed Incline Ladder	00:14.16
Jack Martin	Group D Beginner	Completed Incline Ladder	00:24.20
Ben Dipasquale	Group D Beginner	Did Not Complete Incline Ladder	00:51.77

Holiday Camps

Keep an eye out for more information on our planned camps for the upcoming holiday season!
Coming Soon!

Parking Lot

As the sun begins to set earlier and earlier, please remember to be mindful of little ones in the parking lot and drive slowly.

Additionally, if your child leaves the gym to meet you in the car, please be sure that they stay in the gym, not out in the parking lot for safety reasons. If they would like to wait for you at one of the tables in the office/proshop, they are more than welcome to do so!

