

Gymnastics Central Newsletter

October 2023

Athlete Spotlight



Our Athlete Spotlight for the month of October is Kynlee T! Kynlee is an student in one of our tumbling & trampoline classes and she was nominated by her instructor, Aly. Aly nominated her because she is always on task, is a good role model for the other students in class, and because she is always so dedicated to learning new skills! Way to go, Kynlee!

Kynlee has been interested in gymnastics for at least a year and just started taking tumbling & trampoline classes a little over 2 months ago. Her favorite skill to work on in class is the back flip! Outside of the gym, Kynlee likes to play soccer and will be trying out for basketball this fall. Good luck!

We love having amazing, hard working students like Kynlee at the gym. 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! 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!

Open Gym

Fridays 8:00 - 9:00
Ages 6 and Up
\$10 Per Child



Pre-Register
Online

Spaces Are Limited!

Staff Spotlight



Our Staff Spotlight for the month of October is Trinity!

Trinity is our new preschool director! She was nominated by Dara because she's great with all the kids and because of the way she has handled her new position as director so far.

We're so lucky to have enthusiastic and dedicated coaches like Trinity at the gym. Thanks so much for all that you do!

Round Off & Back Handspring Clinic

Saturday, October 28th

1:15 - 2:45 PM

\$20 Per Child

Ages 7 & Up



Gymnastics Central will be

CLOSED

for Halloween

Tuesday, October 31st



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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



Are You
The Ultimate Gym Warrior?

Gym Warrior Competition



Saturday, November 11th
1:30 ~ 3:30 PM

(Final times will be determined by
age group after sign ups have closed.)

Sign Ups End 11/03/23

\$10 Per Athlete

Ages 5+

Register online today!

