

# Gymnastics Central Newsletter



## November 2020



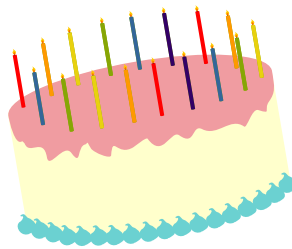
### Athlete Spotlight



Our Athlete Spotlight for the month of November is Lydia McSwegin! Lydia was nominated by her coach Abby because she is extremely hard working, makes corrections when needed, and very clearly loves the sport! Lydia has been interested in gymnastics since she was 4-years-old. Her dad helped her do her first cartwheel. What she loves most about gymnastics is spending time in the gym flipping around. She has a lot of energy and it's a great outlet! She would like to try out volleyball sometime and loves to spend her summers at Coney and King's Island! We love having hard-working, dedicated athletes like Lydia 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!

### 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](https://gymnastics-central.com)



### Staff Spotlight

The Staff Spotlight for October is Miss Kristina! Kristina is the director of our preschool program *and* manages all birthday parties at Gymnastics Central! Kristina also works in the office on Saturdays. If you see Miss Kristina in the gym, be sure to say 'Hi'!

### 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.

Gymnastics Central will be **CLOSED** Thursday, November 26th & Friday, November 27th.

## Happy Thanksgiving!

