

Gymnastics Central Newsletter



November 2023



Athlete Spotlight

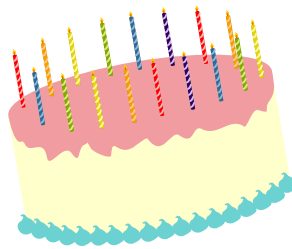


Our Athlete Spotlights for November are all of the athletes on our competitive teams! They've worked so hard over the past few months, learning routines and perfecting their skills, and we are so proud of all that they've accomplished thus far! Competition season starts in the next few weeks and we are sure they're going to do amazing in their upcoming meets.

Good job on the hard work so far and good luck over the 2023-2024 season!

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!



Preschool parties now available!

Staff Spotlight



Our Staff Spotlight for the month of November is Alaina! Alaina teaches preschool as well as a whole range of gymnastics classes from level 1 to level 3. Additionally, she is also one of the coaches for our gymnastics pre-team!

She was nominated by Dara for her reliability and amazing attitude. She's also a fantastic coach and well-loved by the students in her classes.

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

Daytime Playtime!



Fridays



10 - 11 AM



Ages 2-5



\$7 Per child



Pre-Register Online
Spaces Limited!



Open Gym

Fridays 8:00 - 9:00PM

Ages 6 and Up

\$10 Per Child



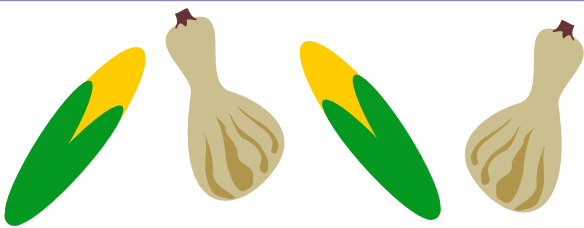
Pre-Register
Online

Gymnastics Central will be

CLOSED

Thursday, November 23rd &
Friday, November 24th.

Happy Thanksgiving!



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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+



Round Off & Back Handspring Clinic

Saturday, November 11th

1:15 - 2:45 PM

\$20 Per Child

Ages 7 & Up



Register online today!

