

# Gymnastics Central Newsletter



## February 2023



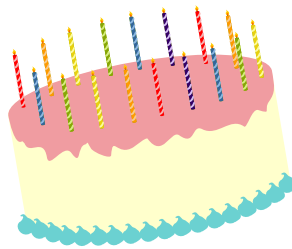
## Athlete Spotlight



Our Athlete Spotlight for the month of February is Lillian L! Lillian is an athlete in one of our level 4 gymnastics classes. She was nominated by her former instructor, Alaina, because of how hard she worked to move up from level 3 and because she has such a great attitude. Lillian's interest in gymnastics started when she was 3 years old and she has been in the sport ever since. It's hard for her to pick her favorite aspect of class; she really likes the floor because she can tumble and she loves the bars because she can flip. It's too hard to choose! Outside of the gym, she works out by doing pushups and lifting weights. Some days, she does parkour at the park or plays football with her dad. She also loves baking with her grandma and listening to music. Keep up the amazing work, Lillian!

## 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 now available!

## Daytime Playtime!



Fridays



10 - 11 AM



Ages 2-5



\$7 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 Spotlight for the month of February is Coach Missy! Missy instructs a wide variety of classes at Gymnastics Central, from preschool all the way up to gymnastics level 4! She was nominated by Dara because she is so dedicated and engaging. She always does her best to speak with the families of each of her students after class to discuss both what they excelled at that week and what they can do to improve for the next class.

We're so lucky to have coaches like Missy at the gym. Thanks so much for all that you do! If you see Missy around the gym, be sure to say Hi!

## Round Off & Back Handspring Clinic

Saturday, February 25th

1:15 - 2:45 PM

\$15 Per Child

Ages 7 & Up



## Inclement Weather Policy

Should the gym ever need to close due to snow, a power outage, etc. We will send an email to all families enrolled in classes the day of the closure. We will also update our outgoing phone message and our Facebook with this information. The gym may still be open when schools are closed, so be sure to check in with us and always drive safely, no matter the weather!

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## Are You Ready for Summer?

We sure are!

**Join us for 3 fun camps this summer!**

**\$200 per child**

**Sign up before the "Early Bird Special" ends for \$25 off each child enrolled**

**Enroll online through our parent portal today!**

### **Gymnastics**

June 12th - 16th

9:00 - 12:00 PM

Ages 5-12

**Early Bird Special Ends May 1st**

### **Gym Warrior**

July 10th - 14th

9:00 - 12:00 PM

Ages 5-12

**Early Bird Special Ends May 29th**

### **Tumbling & Trampoline**

July 31st - August 4th

9:00 - 12:00 PM

Ages 5-12

**Early Bird Special Ends June 26th**

