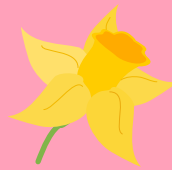
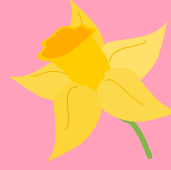


Gymnastics Central Newsletter



May 2021



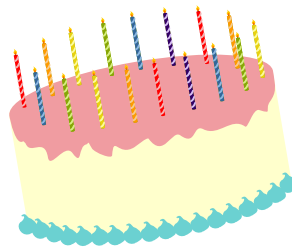
Athlete Spotlight



Our first Athlete Spotlight for May is Thomas Avenas! Thomas is a student in our gym warrior program and was nominated by his coach, Cole, because he is an 'incredibly hard worker and never gives up.' Way to go, Thomas! His interest in gym warrior started around two years ago and he knew he loved it after the first class. His favorite part is running obstacle courses, the wall climb, and jumping on the trampoline. Outside of the gym, Thomas enjoys artistic activities like drawing and creating stop-motion videos with his LEGOs. Thomas finished second in the Advanced Ninja Competition at Gym Nation in mid-April. That's Awesome! We love having dedicated students and athletes like Thomas 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!

Open Gym

Fridays 7:15 - 8:15 PM
Ages 6 and Up
\$10 Per Child



Pre-Register
Online

Daytime Playtime!

★ Fridays ★

10 - 11 AM

Ages 2-5

\$5 Per child



Pre-Register Online
Spaces Limited!



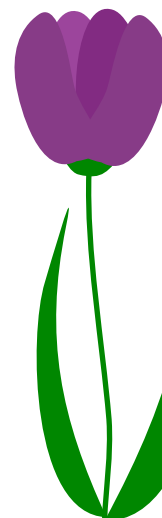
Round Off & Back Handspring Clinic

Saturday, May 8th

11:30 - 1:00 PM

\$15 Per Child

Ages 7 & Up



We will be
CLOSED
Monday, May 31st
for
Memorial Day



Staff Spotlight



Our Staff Spotlight for the month of May is Ariel! Ariel is both an instructor at the gym and a member of our Old Timers T&T team. She has been teaching classes at the gym since December of 2020 and currently instructs a wide variety of classes, from preschoolers as young as 2 years all the way up to our level 3/4 tumbling & trampoline classes! Ariel was nominated because she is such a conscientious and motivating coach, always taking into account what a child needs to keep moving forward. We are so proud to have wonderful coaches like Ariel as a part of our staff. Be sure to say 'Hi' if you see her around the gym!

Gymnastics Central Newsletter



May 2021



Are You Ready for Summer?

We sure are!

Join us for 3 fun camps this summer!

\$163 per child

Sign up before the "Early Bird Special" ends for \$20 off each child enrolled

Each child enrolled will receive a free t-shirt!

Gymnastics

June 21st - 25th
9:00 - 12:00 PM
Ages 5-13

Early Bird Special Ends May 10th

Gym Warrior

July 12th - 16th
9:00 - 12:00 PM
Ages 5-13

Early Bird Special Ends June 7th

Tumbling & Trampoline

August 2nd - 6th
9:00 - 12:00 PM
Ages 5-13

Early Bird Special Ends June 21st

Enroll online through our parent portal today!

Ninja Competition!

A few of our Gym Warriors attended a Ninja Competition on Saturday, April 17th at Gym Nation.
Good Job to all who competed!

| Name | Division | Result | Time |
|---------------------|------------------|---|----------|
| Mo Fink | Group B Beginner | Finished | 02:25.70 |
| Tevin Haas | Group B Beginner | Completed 5 Rings | 01:24.60 |
| Autumn Routt | Group B Beginner | Completed Domino Mat Jump | 01:08.60 |
| Zane Rose | Group C Beginner | Finished | 01:42.24 |
| Mariana Long Romero | Group C Beginner | Finished | 02:47.49 |
| Jack Martin | Group C Beginner | Completed Cargo Net Traverse | 01:12.79 |
| Aubrey Gleason | Group C Beginner | Completed Long Jump | 00:53.56 |
| William Harris | Group D Beginner | Completed 4 Rings | 01:37.46 |
| Davis Judkins | Group D Beginner | Completed Domino Mat Jump | 01:08.37 |
| Aaron Griffin | Group D Beginner | Completed Incline/Decline Beams | 00:05.14 |
| Ben Dipasquale | Group D Beginner | Did Not Complete Incline/ Decline Beams | 00:11.70 |
| Thomas Avenas | Group E Advanced | Finished | 02:01.86 |
| Keith Bauer | Group F Advanced | Completed Teeter Totter Beam/Floor Bars | 00:09.71 |
| Patrick Carraway | Group F Advanced | Completed Teeter Totter Beam/Floor Bars | 00:11.60 |
| Kai Behrens | Group F Advanced | Completed Teeter Totter Beam/Floor Bars | 00:13.18 |