

Gymnastics Central Newsletter



January 2024



Athlete Spotlight



Our Athlete Spotlights for January are Kai'a and Mae'le F! Kai'a and Mae'le are both athletes on our T&T team. They were nominated by their coach, Ariel, because they're always so hard working and because they're fantastic cheerleaders. That's awesome!

Kai'a was a competitive gymnast for 8 years and only recently made the switch to T&T. Mae'le started competitive gymnastics at age 5 and added T&T as an additional sport last year.

What Kai'a enjoys most about T&T is the team, itself. She also likes the carefree environment where she can have fun learning new skills. Mae'le likes doing big skills. Fun!

Outside of the gym, Kai'a likes to work out, go to bible study, and make bracelets for the bracelet business she runs with Mae'le. Mae'le also likes making bracelets and bible study.

We love having athletes like Kai'a and Mae'le at the gym. Keep up the amazing work!

Incident 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 (when possible) 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!

Daytime Playtime!



Fridays



10 - 11 AM



Ages 2-5



\$7 Per child



Pre-Register Online
Spaces Limited!



Happy New Year!



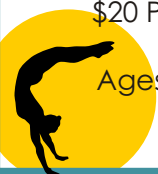
Round Off & Back Handspring Clinic

Saturday, January 13th

1:15 - 2:45 PM

\$20 Per Child

Ages 7 & Up



Staff Spotlight

Our Staff Spotlight for the month of January is Amber! Amber instructs level 1 and 2 gymnastics classes throughout. She was nominated by Dara because she's an engaging teacher who is great with her students and she always does her best to speak with parents after classes. We're very lucky to have coaches like Amber at the gym. If you see her around, be sure to say 'Hi'!

Open Gym

Fridays 8:00 - 9:00PM

Ages 6 and Up

\$10 Per Child



Pre-Register
Online