

Gymnastics Central Newsletter



February 2024



Athlete Spotlight



Our Athlete Spotlight for February is Norah U. Norah is a student in one of our gymnastics classes and she was nominated this month by her instructor, Kylie. Kylie nominated Norah because she's good at making corrections and is a kind, respectful student with a great attitude! That's awesome!

Norah has been doing gymnastics for just under a year but has loved flipping and doing cartwheels since she could walk.

Her favorite part of class is working with her instructor and learning new skills but she especially loves when they do trampolines or the gym warrior course!

Outside of the gym, Norah loves dance class and Taylor Swift and is very excited to learn how to play volleyball!

We love having amazing students like Norah at the gym! Keep up the great work!

Apparel Reminders

For girls; some children wear leotards, but that is not required. A t-shirt and athletic shorts or footless leggings would also be perfectly fine. Students do not wear shoes* or socks on the floor, hair should be tied up in a ponytail or a bun, and large jewelry should not be worn. For boys; a t-shirt and athletic shorts, joggers, or sweat pants - just something they can move fairly well in!

(*Please note that this is only true for preschool, gymnastics, and tumbling & trampoline classes. Students should wear clean, laced tennis shoes for their gym warrior class. Additionally, they will need ballet slippers and tap shoes for the dance/ combo class.)

Also, bringing a water bottle is always recommended! We do not have a water fountain on site but we do have a vending machine that dispenses water!

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**



Staff Spotlight

Our Staff Spotlights for the month of February are Dylan and Alli D! Dylan and Alli D are the two newest coaches at Gymnastics Central. Both already have a few classes of their own, and have been shadowing for a while, so you may have already seen them around the gym! Be sure to say 'Hi!' the next time you do!

Round Off & Back Handspring Clinic

Saturday, February 24th

1:15 - 2:45 PM

\$20 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!