

GYMNASTICS CENTRAL NEWSLETTER

JANUARY 2025



REMINDERS

FOOD AND DRINKS ARE **NOT** PERMITTED IN THE LOBBY. ALSO **NO** GYMNASTICS OR RUNNING IN THE LOBBY PLEASE!

We will be open Monday, January 20th (MLK JR Day)

DAY-TIME-PLAY-TIME

Fridays 10 - 11 am

Ages 2-5

\$7 / child

OPEN-GYM

Fridays 8 - 9 pm

Ages 6-16

\$10 / child

Register online through the parent portal early! If we do not have enough kids enrolled by Thursday evening we will cancel daytime playtime.

MUST BE REGISTERED ONLINE AHEAD OF TIME

2025

COACHES

You may notice your child's coach change every so often. Staff may leave due to personal reasons, a school-related conflict, college, etc. We try our best to keep coaches as consistent as possible for your child. We apologize for any inconvenience.

Reminder, if your child needs to leave class early please notify their coach or the front office so we know where they are at all times.

WEATHER

If we are closed due to inclement weather we will notify you via email and post on our Facebook page.

With the temperature dropping it may be a good idea to have your child wear leggings or a long sleeve over their leotard. We do have heat in the gym but just in case they get cold.

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BIRTHDAY PARTIES

Does your child have a birthday 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? The Gym Warrior set is available to use as well! Visit our website to book your party today!

CLINICS & CAMPS

Back Handspring Clinics

January 4th
February 1st
March 1st
April 5th
May 3rd
June 7th
1:15-2:45 pm
\$25 / day

Gym Warrior Clinic

February 22nd
1:15-2:45 pm
\$25

PARTY ROOM RENTAL

Looking for a rental space for your event? Our party room fits 20 and would be perfect for your next event! Rental times vary by need and availability. Call or email our office for more information!



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NEW PROGRAMS!

YOGA

With Yoga Instructor, Amy Fallis, this is a great opportunity to take some time for you while your kids are in class!

Amy loves to use different yoga practices to tailor to the need of each class.

Yoga is a great way to increase strength, joint stability and mobility as well as the stress relieving effects of just breathing!!

Classes offered Tuesday, Wednesday, and Thursdays

Contact our office via phone or email for more information!



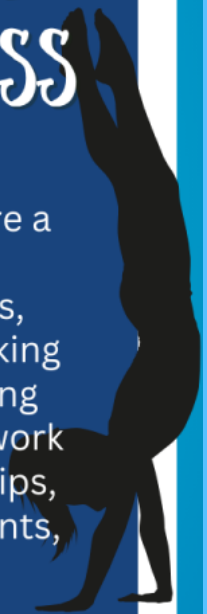
INTERMEDIATE & ADVANCED TUMBLE CLASS

These Tumble Classes are a great program for cheerleaders, gymnasts, dancers, and anyone looking to advance their tumbling skills. These classes will work on back handsprings, whips, arabians, fulls, punch fronts, and more.

Intermediate- Monday 8-9
Advanced- Wednesday 8-9
For ages 6+

An evaluation will need to be scheduled if you are not already in a class.

Contact our office via phone or email for more information!



Join us for

Summer Camp!

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

Early Bird Special ends
May 3rd

Gym Warrior

July 7th-11th
9:00-12:00 PM
Ages 5-12

Early Bird Special ends
May 24th

Trampoline & Tumbling

August 4th-8th
9:00-12:00 PM
Ages 5-12

Early Bird Special ends
June 28th

