

# GYMNASTICS CENTRAL NEWSLETTER



## MARCH 2025



### REMINDERS

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

No parents should be on the floor. Please see the office if you need assistance

Please make sure you subscribe to our email for important updates!

Stay tuned for our ninja Warrior event! It will be posted on our website, Facebook, and Instagram.

### 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 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

### DAYTIME PLAYTIME

Friday 10-11 am  
Ages 2-5  
\$7 / Child



Register online through the portal early! If we do not have enough kids enrolled by Thursday evening we will cancel Daytime Playtime

### OPEN GYM

Fridays 8-9 pm  
Ages 6-16  
\$10 / Child



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### *Coach Spotlight*

Parker is a dedicated and hands-on coach who works hard both in and out of the gym. He learns through experience, brings passion to his work, and creates a fun, engaging atmosphere that helps kids enjoy and thrive in class!



### *Athlete Spotlight*

Egan is a member of our Trampoline & Tumbling pre-team. He has been doing T&T and Gym Warrior for multiple years. In class, Egan is high energy and determined, always pushing himself to do the next skill. He is a born leader, always helping out his coach and fellow teammates.



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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

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



### 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!

