

Newsletter

January 2026

Every Friday!

Daytime Playtime

10 am - 11 am

Ages 2-5 - \$7 per child

Open Gym

7 pm - 8 pm

Ages 6-16 - \$12 per child

Important Dates:

Programming resumes - Jan 2

Cheer Prep Tryouts - Jan 24

FAQ:

Do athletes need cheer experience for Cheer Prep Academy?

No — beginners and athletes new to cheer are welcome.

Reminders:

We will send emails and post on social media if the gym is closed due to inclement weather.

Always bring a hair tie to class & put your hair up!

Hair up for Gym Warrior and bring tennis shoes no jeans.

From The Gym:

We're excited about how January is shaping up and grateful to be surrounded by such a positive, supportive gym community. We're looking forward to a great start to the new year together.

-Team GC!



INTRODUCING GYMNASICS CENTRAL'S CHEER PREP ACADEMY

A Developmental Cheer Program at Gymnastics Central

We're excited to introduce Gymnastics Central's Cheer Prep Academy – a developmental cheer program focused on building confidence, teamwork, and foundational cheer skills in a fun, supportive environment.

- Ages 6–12
- Cheer Prep Academy Tryouts: January 24
- Season: February–June
- First practice: February 7
- Cheer Prep Academy is **not an All-Star program**. It's designed to prepare young athletes for future school cheer opportunities through skill-based, age-appropriate training.
- Register now for tryouts through our Parent Portal at gymnastics-central.com under Cheer Prep Academy.
- \$ \$10 tryout fee
- Spots are limited – we're excited to launch our first Cheer Prep Academy season!

Contact our office or see our website for more information!

Gymnastics Central

January Spotlights

Talia Pinsky

Talia is an athlete on our Xcel Gold team. She has been in gymnastics for 9 years. At her second competition of the season, she won Beam, Vault, and All-Around. Her favorite event is the floor. She loves to teach her friends gymnastics. Talia always comes into practice with a smile on her face and ready for new challenges.

Congratulations Talia!

Kaylee LeVan

Kaylee is brand new to our staff this month. She will be working in our new cheer program! She has been a power tumbler, gymnast, and cheerleader. Most recently, she was a UC cheerleader and team captain. She loves sharing her passion with kids of all ages and skill levels. We can't wait for this new program to flourish under her!



January Birthdays!

Reese A.
Evelyn A.
Blake A.
Mia A.
Oliver B.
Blakelyn B.
Mia B.
Violet B.
MiaBella C.
Annie C.
Hallie C.
Murphy C.
Colton C.
Mira C.
Cora C.
Cece C.
Wren D.
Piper D.
Mckenna E
Savannah E

Gracie G.
Aliciah G.
Quinn H
Charlie H.
Sloane H
Tori H.
Ethan H.
Adalyn H.
Calla J.
Eve J.
Kennedy J.
Lorelai K.
Ashley K.
Emma K.
Austen L.
Brooklyn M.
Gabby M.
Aria M.
Charlotte M.

Violet P.
Lily R.
Hera R.
Emery R.
Iris R.
Reese R.
Grace R.
Sophie R.
Vivian S.
Layla S.
Theo S.
Mary S.
Audrey S.
Charlotte S
Maeve T.
Everyn V.
Emma W.
Gracelyn W.
Ariah W.

HAPPY
BIRTHDAY!



Party Packages

PRESCHOOL PARTY

For children ages 3-5 yrs.

Includes 8 guests +



\$349.00

BRONZE PARTY

For kids ages 5 yrs & up.

Includes 10 guests +



\$399.00

SILVER PARTY

For kids ages 5 yrs & up.

Includes 15 guests +



\$474.00

GOLD PARTY

For kids ages 5 yrs & up.

Includes 20 guests +



\$549.00



LAZER TAG PARTY

For kids ages 5 yr & up.

Includes 9 guests +



birthday child.

Features 30 min. Lazer

Tag battle!

\$449.00

BOOKING INFORMATION

A **\$100.00** NON-REFUNDABLE DEPOSIT WILL BE CHARGED AT THE TIME OF BOOKING ANY BIRTHDAY PACKAGE.

Parties Include:

1.5 HOURS IN THE GYM AND 30 MINUTES IN THE PARTY ROOM!

NO CLEAN UP HANDS OFF EXPERIENCE!

COMPLIMENTARY GC T-SHIRT FOR THE BIRTHDAY CHILD!

PARTY HOSTESS + GC COACH
(YOU CAN REQUEST YOUR FAVORITE COACH AT THE TIME OF BOOKING!)

BOOK ONLINE TODAY!

