

GYMNASTICS CENTRAL NEWSLETTER



APRIL 2026



Spots fill fast—register now through the Parent Portal!

Daytime Playtime

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

Open Gym

Fridays 7-8 pm
Ages 6-16
\$12 / Child

Classes run with minimum enrollment register early to secure your spot!



REMINDERS

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

Food, drinks, and gum are not permitted in the lobby.

Please also help us keep everyone safe by avoiding running or gymnastics in the lobby.

We are optimizing our air conditioning system to better direct cool air throughout the gym and have added ceiling fans in the lobby to improve comfort this summer.

Have feedback on your experience?

Leave us a review!

[Gymnastics-central.com](https://www.gymnastics-central.com)



COACH CHANGES

You may occasionally see a change in your child's coach due to scheduling, school commitments, or staff availability. We strive to keep coaching as consistent as possible and appreciate your understanding.

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.



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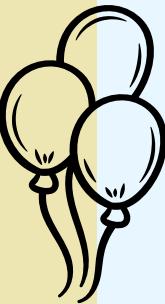
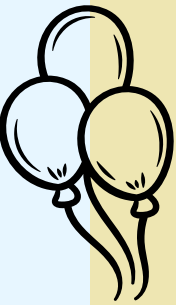
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BIRTHDAY PARTIES

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!

Book now through the Parent Portal or call the office today—spots fill quickly!



CLINICS & CAMPS

We have a **Gym Warrior clinic** coming up in May. It is going to be perfect for beginners- no experience needed, wanting to try Gym Warrior. This will focus on strength, confidence, and coordination. You can sign up through the parent portal on our website. Limited spots available.

May 2 from 11am to 12:30pm.

Ages: 5-15 \$12 per athlete



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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Celebrating Our Athletes & Staff

Coach Spotlight

Taylor is great at connecting with the kids and parents. She is always ready to help when help is needed. She works hard and is always adapting to changes that need to be made in class. It has been amazing to see. Keep up the great work Taylor!



Athlete Spotlight

Liam has been working exceptionally hard in gym warrior. He always has a positive attitude in class and encourages those around him. It has been such a joy to watch him grow not only his skills but his confidence too! Keep up the awesome work Liam!



Summer Camps



Gymnastics camp

June 8-12

Bars, beams, floor, vault

Early bird special ends
April 25th!

Gymnastics camp #2

June 15-19

Bars, beam, floor,
vault

Early bird special
ends May 2nd!

Enjoy games, crafts, prizes, and more.

Gym Warrior camp

July 6-10

Obstacle course,
strength, challenges

Early bird special
ends May 23rd!

Trampoline and Tumbling camp

August 3-7

Trampoline, double-
mini, floor

Early bird special
ends June 20th!

Register now through the parent portal!

\$225 per child

**SAVE \$25 - REGISTER BEFORE
"early bird date"**

Time : 9am - 12pm

Ages: 5 - 12



Tumbling Camp

Date: July 6th - 10th
Ages: 7 - 14yrs

Time: 12:30 - 3:30pm
Registration: \$225.00/athlete

Objectives: Improve skill form, demonstrate skill technique, safely introduce new skills, and fun!

Info: Athletes will be divided into groups based on skill level. Groups will rotate around the gym to work with each coach on a variety of skill-building drills and pieces of equipment (rod floor, tumble track to pit, spotting belt, trampoline, 40x40 floor).

Gymnastics-Central.com

**Back
handspring
required!**

Warrior Experience

May 2nd

11am-12:30pm

For boys and girls ages 5-15

\$12 per athlete

Register now through the parent portal at
gymnastics-central.com



Get ready for the Warrior Experience Clinic—an action-packed hour and a half where kids jump, climb, swing, and conquer exciting warrior-style obstacles! This high-energy session is perfect for beginners who want to try out Gym Warrior in a fun, supportive environment while building strength, confidence, and coordination. Our coaches guide each athlete through challenges designed to make them feel like a true warrior. Spots are limited, so don't miss your chance to start your warrior journey!



Gymnastics Central
3972 Bach Buxton Rd Amelia, Ohio 45102

STARS DEFINED



Here is an outline of our skill tracking stars



1 Star – Introduced

Athlete has been taught the skill, understands what it is called, and can demonstrate the basic shape or concept with guidance.



2 Stars – Developing

Athlete can perform the skill at times, may need assistance or spotting, and is working toward consistency and proper technique.



3 Stars – Mastered

Athlete can perform the skill correctly, confidently, and consistently — independently, with control and proper form.

Our goal is steady progress — mastery takes time, repetition, and consistency.

**HAPPY
TO YOU**

Birthday

• Cheyenne A.
• Isabella A.
Alice A.
Olivia B.
Aria B.
Vivian B.
Vada B.
Eva B.
Aven B.
Claire B.
Lydia B.
Angelina B.
Abby C.
Gianna D.
Eva D.
• Josiah G.
• Adeline G.
• Charlene G.

Alphonse H.
Avery H.
Arya H.
Everleigh H.
Hayley I.
Claire J.
Dolly J.
Teagen K.
Delilah K.
Olivia L.
Jaelyn M.
Elsie M.
Rylee M.
Hailey O.
Hazyl P.
Madison P.
Callie R.
Jackson R.
Lochlyn R.
Aria R.
Chloe R.
Hannah S.

Nola S.
Lyndi S.
Amelia S.
Everly S.
Annelise S.
Sloane S.
Desiree S.
Hazel S.
Korie S.
Paxten T.
Nova T.
Stella T.
Reese W.
Elsie W.
Phoebe W.
Primrose W.
• Allison Z.