

GYMNASTICS CENTRAL NEWSLETTER



MARCH 2026



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!

Love your experience at Gymnastics Central?

Scan below to leave us a 5-star review!

If there's anything less than 5-star, please let management know – we'd love the chance to make it right.



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



OPEN GYM

Fridays 7-8 pm

Ages 6-16

\$12 / Child



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



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Coach Spotlight

Sydney is a welcoming, trustworthy, and hardworking coach. She has gone above and beyond with kids and parents. We cannot wait to see what else she achieves. Keep up the good work! We are so proud of her and the way she carries herself.



Athlete Spotlight

Mae'le had a great performance at the Culprit Cup! She has worked hard to overcome challenges in her skills, performance, and execution, and it truly showed. We're proud of her growth and progress — keep up the great work, Mae'le!



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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 28th

2:00pm - 5:00pm

Ages 7-14

\$30 each



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!





GYMNASTICS CAMP

JUNE 8-12

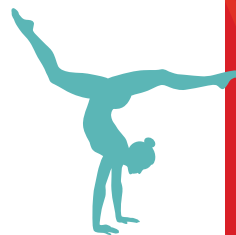
Bars, Beam,
Floor, Vault

**EARLY BIRD SPECIAL
ENDS APRIL 25**



GYM CENTRAL

Summer **CAMPS**



GYMNASTICS CAMP WK 2 JUNE 15-19

Bars, Beam,
Floor, Vault

**EARLY BIRD SPECIAL
ENDS MAY 2**

GYM WARRIOR CAMP JULY 6-10

Obstacle course,
strength, challenges

**EARLY BIRD SPECIAL
ENDS MAY 23RD**



TRAMPOLINE & TUMBLING CAMP AUGUST 3-7

Trampoline,
double mini,
floor

**EARLY BIRD SPECIAL
ENDS JUNE 20**

9-12 PM

Ages 5-12

**\$225 per child per camp
Sign up before the "Early
Bird Special" ends for
\$25 off each child
enrolled
Games, Crafts, Prizes, &
more!**

gymnastics-central.com

contact@gymnastics-central.com

MARCH BIRTHDAYS

Devon A.
Nora A.
Aria B.
Margot B.
Brooklyn B.
James B.
Kaylin B.
Blake B.
Victoria C.
Olivia C.
Kennedy C.
Juliette D.
Elinor E.
Lila F.
Eva F.
Amelia G.
Maddie G.
Scarlett G.
Riley H.
Rylee H.
Macy H.
Maddilyn H.
Marlee J.
Rowen K.

Bella K.
Elenora K.
Eden K.
Nathaniel K.
Colleen L.
Riley M.
Maren M.
Theodora M.
Lennon M.
Ivy N.
Kyosuke P.
Harper R.
Kennedy R.
Sloane R.
Korralie R.
William S.
Henry S.
Hunter S.
Maeve S.
Harlow S.
Mabel T.
James V.
Elena V.
Felicia W.

Happy Birthday!