

GYMNASTICS CENTRAL NEWSLETTER



2026



Gym Warrior Camp

Jumps
Flips
Strength Training
Challenges

July 6th-10th
9:00-12:00 PM
Ages 5-12

Tumbling Camp

July 6th-10th
1:00-3:00 PM
Ages 7-14



Back Handspring Is
Required!

CLINICS

VAULT SKILL CLINIC

July 11th

2:00- 3:30 PM

Levels 2 & up!

CAMPS

HIGH TECH XVII TRAMPOLINE & TUMBLING CAMP

JULY 24TH, 25TH & 26TH

HIGH TECH XCEL GYMNASTICS CAMP

JULY 18TH
& 19TH

HIGH TECH MINI T&T TRAINING CAMP

July 18th & 19th

TRAMPOLINE & TUMBLING
CAMP
AUGUST 3RD-7TH

AGES
5-12

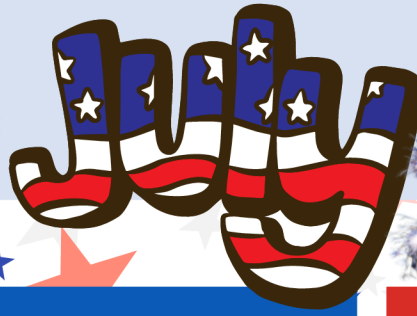
\$225 per child
9-12 PM

GYM WARRIOR
CAMP
JULY 6TH-10TH

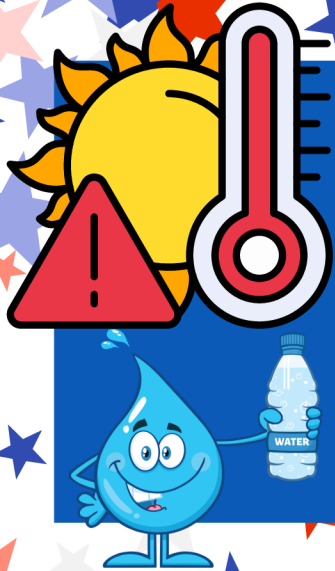
GAMES, PRIZES, CRAFTS & MORE

Enroll online through our parent portal today!

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Summer Temps are heating up ; The gym will be extra warm even with fans. Please bring a water bottle and hydrate. Coaches will give athletes water breaks and watch closely for signs of heat exhaustion.

ATTENTION
GYMNASTICS
CENTRAL
WILL BE CLOSED
JULY, 4TH
AND
JULY 24, 25, & 26
FOR HIGH TECH T&T
CAMP

Join us for
National Police
Night Out
Wednesday
August 5, 2026
at Pierce
Township Park
6-9PM



REMINDERS

SUMMER IS COMING UP, WHICH MEANS VACATIONS! PLEASE BE UNDERSTANDING IF YOUR CHILD'S COACH IS OUT - THEY LOVE VACATIONS JUST AS MUCH AS YOU DO!

**PLEASE BE MINDFUL OF OUR FACILITY AND
DON'T WEAR MUDDY SHOES IN OUR
BUILDING.**

IF YOU HAVE A CHILD ENROLLED IN GYM WARRIOR - PLEASE SEND THEM IN CLEAN GYM SHOES FOR CLASS PARTICIPATION.

Notify your Childs coach if you need to leave early or the front office.

No parents/ gaurdians on the floor beyond the fence. Please see a staff member or the office if you need assistance.

PLEASE DO NOT FORGET TO TAKE OFF ANY JEWELRY, APPLE WATCHES, ECT. WE ARE NOT RESPONSIBLE FOR ANYTHING THAT GETS LOST IN THE GYM/ FOAM PIT. FOOD, DRINKS, AND GUM ARE NOT PERMITTED IN THE LOBBY OR IN THE GYM. ALSO NO GYMNASTICS OR RUNNING IN THE LOBBY PLEASE!

**Summer
Open Gym**
Ages 6-16 \$12
Friday
7:00- 8:00 PM
July 10th
July 31st
August 14th

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ATHLETES AND COACH SPOTLIGHT

Being selected for a Team USA assignment is an honor and great opportunity for Gymnastics Central. It is a reminder that our athletes have the potential to strive for the highest levels of the sport. Gymnastics Central coaches and venue are great support for athlete goals!

TEAM
USA



TRAMPOLINE

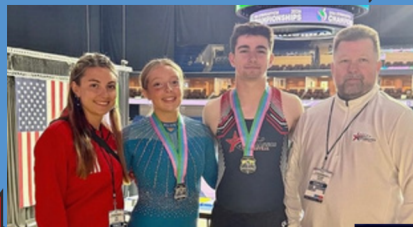


Gymnastics Central is so proud and excited to share that Coach Richard and Lourens have been selected for USA Team assignment at the World Cup in Coimbra, Portugal. They will be representing Team USA! This is their second international assignment. In 2025 the two of them represented Team USA at the Pacific Games in El Salvador.

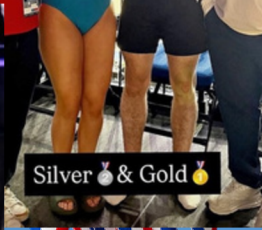
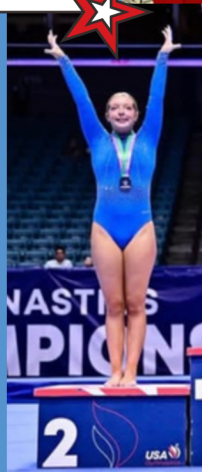
Derrek and Lourens Trampoline Synchro duo won Bronze Medal!

Both made the USA National Team for Senior Elite Trampoline

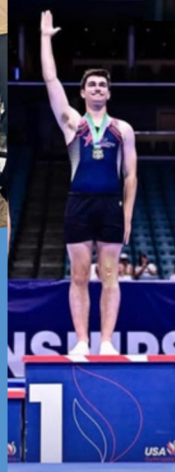
Adrian won Bronze for Level 9 Tumbling



Leighton won SILVER for Intermediate Elite Double Mini



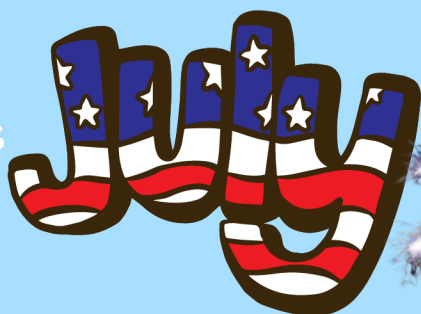
Paxten is a National Champion! He won GOLD for Intermediate Elite Double Mini



DOUBLE MINI

TUMBLING

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ATHLETES & COACHES SPOTLIGHT



GYMNASTICS CENTRAL CHEER
PREP ACADEMY SHOWCASE !!





July Birthdays

Charlotte A.

Isa A.

Joey A.

Clara B.

Madison B.

Kate B.

Libbie B.

Zuri B.

Raegan B.

Emma C.

Marlow D.

Aviannah D.

Maria D.

Emma D.

Eliza D.

Jack D.

Rylee D.

Brinley E.

Harrison E.

Lackson E.

Olive F.

Ozzie F.

Malayan F.

Savannah G.

Adrian G.

Violet G.

Eden G.

Ella G.

Koralee G.

Scout H.

Paisley H.

Aurora H.

Penny H.

Sabrina I.

Makayla J.

Charolette J.

Braylen K.

Presley K.

Ella K.

Zoey L.

Maggie M.

Cara M.

Kyrie M.

Brooke N.

Penelope N.

Isla N.

Elaina P.

Cara P.

Avery P.

Clayton P.

Elliana P.

Becca R.

Adaline R.

Arabella R.

Maya R.

Lily S.

Aleksandra S.

Ava S.

Madilyn S.

Maeven T.

Justine T.

Violet V.

Marie W.

Madeline W.

Mila W.

Isabel W.

Margo Z.