

2025 FALL FUN WEEKS

WK 1

SEPTEMBER 8TH-13TH

FLIPPING INTO FALL WEEK!

WELCOME TO FCG'S FALL SESSION! THIS WEEK ATHLETES WILL BE WORKING ON GYMNASTICS KNOWLEDGE AND BASICS!

WK 2

SEPTEMBER 15TH-20TH

NATIONAL GYMNASTICS WEEK!

HAPPY NATIONAL GYMNASTICS DAY! (9/20/25) ATHLETES WILL BE CELEBRATING OUR FAVORITE SPORT ALL WEEK LONG!

WK 3

SEPTEMBER 22ND-27TH

SPIRIT WEEK!

THIS WEEK ATHLETES CAN WEAR BLUE AND GREEN TO CLASS TO REPRESENT FCG.

WK 4

SEPTEMBER 29TH - OCTOBER 4TH

BEAM BRAVE WEEK!

THIS WEEK ATHLETES WILL WORK ON BEING BRAVE ON THE BEAMS THIS WEEK!

WK 5

OCTOBER 6TH-11TH

NATIONAL COACHES WEEK!

HAPPY NATIONAL COACHES DAY! (10/6/25). THIS WEEK IS DEDICATED TO FCGS AMAZING COACHES.

WK 6

OCTOBER 13TH-18TH

BEAN BAG BALANCE WEEK!

THIS WEEK ATHLETES WILL BE DOING BALANCING ACTIVITIES ON THE BEAMS.

WK 7

OCTOBER 20TH-25TH

PUMPKIN PATCH ADVENTURE WEEK!

ATHLETES WILL BE INCORPERATING PUMPKINS INTO THEIR STATIONS THIS WEEK!

WK 8

OCTOBER 27TH- NOVEMBER 1ST

SPOOKY HALLOWEEN WEEK!

YOU MAY WEAR YOUR GYMNASTICS APPROPRIATE COSTUME TO CLASS. ATHLETES WILL BE HANDED OUT A SWEET TREAT AFTER CLASS.(NO CLASS 10/31/25)

WK 9

NOVEMBER 3RD-NOVEMBER 8TH

PAJAMA WEEK!

ATHLETES CAN WEAR THEIR PAJAMAS TO CLASS!

WK 10

NOVEMBER 10TH-15TH

CONFIDENCE WEEK!

ATHLETES WILL BE WORKING ON BEING CONFIDENT ON EVENTS AND PERFECTING THEIR SKILLS THIS WEEK.

WK 11

NOVEMBER 17TH-22ND

FALL RECAP WEEK!

SHOW OFF WHAT YOU LEARNED THIS SESSION!