

FALL FUN WEEKS

WK 1

September 8th - September 12th

FALL WELCOME WEEK!

WELCOME TO FALL! THIS WEEK ATHLETES WILL BE WORKING ON GYMNASTICS KNOWLEDGE AND BASICS!

WK 2

September 15th - September 19th

NATIONAL GYMNASTICS WEEK!

THIS WEEK ATHLETES WILL BE CELEBRATING THEIR FAVORITE SPORT OF ALL TIME! HAPPY NATIONAL GYMNASTICS DAY 9/19/26!

WK 3

September 22nd - September 26th

POWER AND PERFORMANCE WEEK!

THIS WEEK ATHLETES WILL BE FOCUSING ON BEING POWERFUL ON THE FLOOR AND VAULT THIS WEEK!

WK 4

September 29th - October 3rd

BRILLIANT BEAM WEEK!

THIS WEEK ATHLETES WILL BE TRYING THEIR HARDEST TO MAINTAIN THEIR BALANCE ON THE BALANCE BEAM!

WK 5

October 6th - October 10th

NATIONAL COACHES WEEK!

THIS WEEK IS DEDICATED TO FCG'S AMAZING COACHES! HAPPY NATIONAL COACHES DAY 10/6/26!

WK 6

October 13th - October 17th

TUMBLE TAKEOFF WEEK!

THIS WEEK ATHLETES WILL BE WORKING ON TUMBLES ON THE BEAM AND BARS!

WK 7

October 20th - October 24th

PUMPKIN PATCH ADVENTURE WEEK!

ATHLETES WILL BE INCORPORATING PUMPKINS INTO THEIR STATIONS THIS WEEK!

WK 8

October 27th - October 31st

SPOOKTACULAR WEEK!

ATHLETES MAY WEAR THEIR GYMNASTICS APPROPRIATE COSTUMES TO CLASS THIS WEEK. HAPPY HALLOWEEN! (10/31/26)

WK 9

November 3rd - November 7th

CHAMPIONS IN MOTION WEEK!

ATHLETES WILL BE PUTTING THEIR FAVORITE SKILLS INTO ACTION THIS WEEK!

WK 10

November 10th - November 14th

PAJAMA WEEK!

ATHLETES MAY WEAR THEIR PAJAMAS TO CLASS THIS WEEK!

WK 11

November 17th - November 21st

FALL FINALE WEEK!

SHOW OFF WHAT YOU LEARNED THIS SESSION!