

September Newsletter

Welcome to FCG's Fall session! We are happy to welcome our new and returning families to the 2025 Fall session! the Fall session will run September 9th - November 22nd. Please download remind 101 and join your child's class to stay on top of updates and deadlines this Fall.



Dress Code

- Attire: Leotard or comfortable tight fitting clothing.
- No Jewelry including necklaces, earrings, and bracelets
- Hair tied up for classes and out of face.
- No sports bras or two piece sets worn to class please.

Important Dates:

FCG's Lyman Orchard fundraisers will be passed out to all classes September 16th through September 20th. Please consider donating or purchasing a pie or cookie dough to support FCG and its program enhancements. Pie orders will be due on 10/11/25. Pie delivery will be on 11/3/25.

Tot Twisters

Guided by an instructor, your child will further develop fine and gross motor skills as they run, crawl, climb, and jump their way through our age appropriate gymnastics equipment. Each class starts with a five minute stretch, followed by an instructive song. your child will be able to utilize the bars, beam and tumble track One parent participant is required.

Upcoming Dates:

- **Week 1: Flipping Into Fall Week!**
We will be welcoming all new and returning athletes
- **Week 2: National Gymnastics Week!** we will be celebrating our favorite sport all week long!
- **Week 3: Spirit Week! Dress up in blue and green to represent FCG.**
- **Week 4: Beam Brave Week!** This week athletes will be working on being brave on the beam apparatus!
- **Week 5: National Coaches week!**
This week we will celebrate all of FCG's wonderful coaches!



Check out our Monthly Fun Recipe:

<https://www.eatsamazing.co.uk/family-friendly-recipes/drinks/halloween-fun-jack-o-lantern-smoothies>