NEWSLETTER

GYMNASTICS CENTRAL

OCTOBER

THE IMPORTANT NEWS OF LAST WEEK

The Bar Skill Clinic (10/3) was proven to be a great experience for athletes of all skill levels to gather for extra bar training. With a huge focus on strength conditioning, and skill form, **Coach Kylie** did an amazing job instructing each athlete to improve their current skill set and challenge them to grow towards the rewarding next skill!



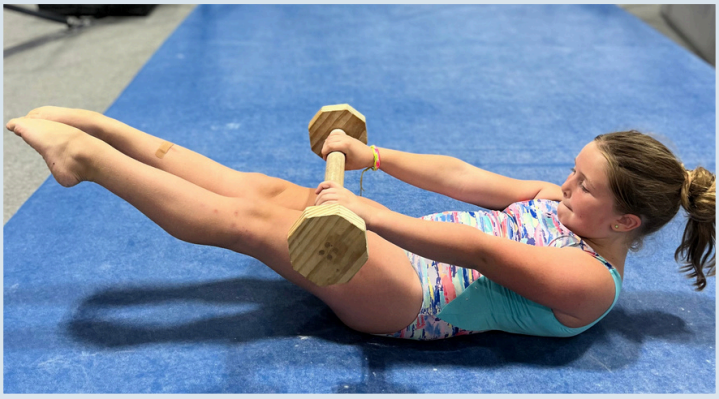


UPCOMING EVENTS

10/24 Top Guns T&T Team Halloween Meet

10/30 Gym N Jam!

10/30 Little Gymsters Gym N Jam!



www.Gymnastics-Central.com

A PLACE TO TRAIN, A PLACE TO CELEBRATE!

Ever considered Gymnastics Central for a family frendly and FUN celebration?

We do **Birthday Parties**, **Team Parties**, and **Award Banquets**!

Our team of staff and coaches alike are here to make what could be a stressful event, nothing but fun for you and the kids! *Book with us online or call for an event qoute.*



BIRTHDAY PARTY PACKAGES

Preschool 8 guests/ages 3-5yr/$349.00

Bronze 10 guests/ages 5-18yr/$399.00

Silver 15 guests/ages 5-18yr/$474.00

Gold 20 guests/ages 5-18yr/$549.00

Laser Tag 10 guests/ages 5-18yr/$449.00

WHAT IS **GYM N JAM?**

Join GC coaches and staff for our *annual* 'Gym N Jam' Halloween Party!

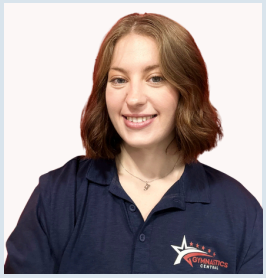
For one night only, our traditional Open Gym becomes a spooky Halloween Party! Special guest **'Big Juicy Ham'** DJ's the event, GC supplies a **pizza dinner**, staff plan elaborate **games**, **challeneges**, and a **costume contest**! Coaches and kids alike are encouraged to dress up and casually utilize the gym equipment.



OTHER WAYS TO TRAIN MORE..

A handful of our specialty trained staff members are available for ***Private Lessons***! Browse available dates for **Coach Kaylie LeVan**, **Coach Adrian Geiger**, and **Coach Alexis Mousir** on our website to book your time slot. Lessons are first come first serve and non-refundable. Whether its *cheer, tumbling, gymnastics, or trampoline* our coaches want to work with your athlete to accomplish their personal goals and increase their confidence in their skill set!

BOOK YOUR PRIVATE LESSON WITH US!



Alexis Mousir

GC Xcel Artistic Gymnastics coach; Specializes in bars, vault, and power tumbling.



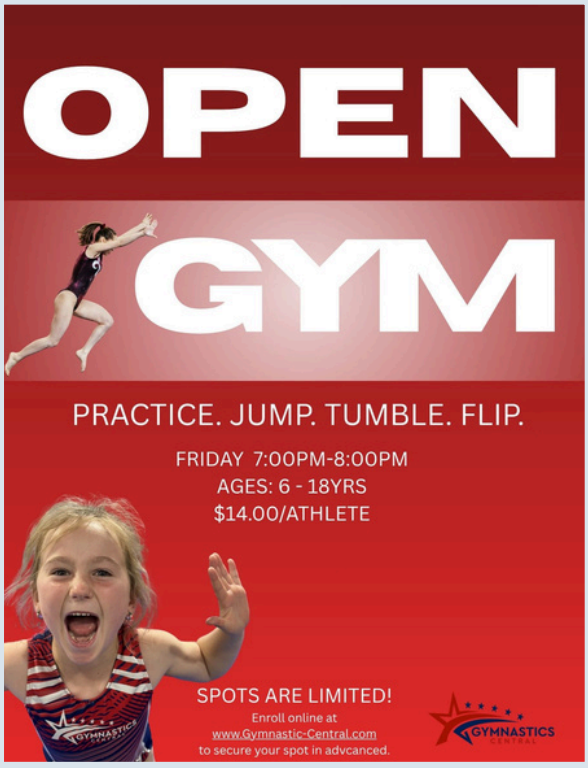
Adrian Geiger

Current GC T&T athlete and Top Guns Team coach; Specializes in trampoline and power tumbling.



Kaylee LeVan

GC's Cheer Director; Specializes in cheer motions, cheer jumps, and power tumbling.



OPEN GYM

Enroll online to reserve your spot for open training!

Staff: Coach Kaylie & Coach Kylie

GYMNASTICS CENTRAL

GYMNASTICS CENTRAL'S
LITTLE GYMSTERS



UPCOMING EVENTS!

10/30 Little Gymsters: Gym N Jam!

11/7 Little Gymsters: Skill Clinic

Ages: 3-6yrs

Ask our Preschool staff and coaches for info or enroll online today!

WHAT IS **THE LITTLE GYMSTERS GYM N JAM?**

A Halloween gymnastics event specifically designed for ages **2-6yrs old.** Our coaches and kids alike are encouraged to wear their Halloween costume to embark upon spooky games, gymnastics challenges, costume contest, and maze race!



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GC SENIORS!

Adrian Geiger - T&T competitive athlete and GC Top Guns Team coach.

Allison Cope - T&T competitive athlete and GC Preteam coach.

Leighton Easter - T&T Elite competitive athlete.

GC TEAMS!

Team apparell has arrived! Check your email for order confirmation and pick up instructions.



UPCOMING EVENTS

10/9 - Top Guns Mock Meet

10/19 - Gold judges feedback practice

10/20 - Bronze/Gold judges feedback practice

10/24 - Top Guns Halloween Meet

11/13 - Xcel Stars Mock Meet

11/14 - T&T Head to Head Meet

11/21-11/22 - "Take Flight" Xcel Meet

TEAM PARENTS!

Don't forget to register online for all team events before the registration deadline! Please ask your coach or the front desck if you have any questions.

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NEW AT GC!

COED STUNTING with UC Bearcat Alumni stunting partners, **coach Kaylee LeVan** & **Luke Hudson**!
Enrollment by application only!

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