



Recreation Buzz

Session 1 2017

www.achievegymnastics.com

720.330.2200

Important Dates:

- Session 1 Dates:
1/2 - 2/26/17
- Session 2
Registration: 1/30
-2/5/17
- 2017 Session 2
Dates: 2/27 -
4/30/17
- **Butter Braid
Fundraiser:** 1/9 -
1/22/17

Don't Forget about *Achieve Fitness*

Is one of your New Year's Resolutions to be healthier in 2017?

Achieve Fitness is a small, private workout area that allows adult family members of Achieve Gymnastics participants a full and complete fitness experience.

While your child has fun in the gym, Achieve Fitness allows adult family members to get in a workout!

20 punch pass \$40
8 punch pass \$20
One time drop in \$3

Stop by the Front Desk for more information!

Look Out for Ice!

Please be careful in our parking lot! The lack of sunshine on the North side of the building makes it very prone to ice during these cold winter months!

7 Reasons Why Being in Sports as a Child Is Important

1. It teaches you the meaning of hard work.
2. It teaches you how to work with a team.
3. It teaches you how to deal with failure and success.
4. It teaches you to learn how important practice is.
5. It teaches you the meaning of sacrifice and commitment.
6. It teaches you respect
7. It teaches you to know your limits.

(Adapted from "7 Reasons Why Being in Sports As a child is Important" - Anne Josephson/Jag Gym Blog)

Clinic Schedule

1/5 - Bars & Beam
1/12 - Floor & Trampoline
1/19 - Beam & Vault
1/26 - Bars & Beam
2/2 - Vault & Floor
2/9 - Bars & Beam
2/16 - Floor & Trampoline
2/23 - NO CLINIC

Clinics are held from 4:00pm - 5:00pm on Thursdays and cost \$12.