



Recreation Buzz – Session 5

Important Dates:

- Session Dates: 8/28/17-10/22/17
- No Class for Labor Day: 9/4/2017
- Registration Week: 9/25/2017 – 10/1/2017

Clinic Dates:

- 8/31 Beam & Vault
- 9/7 Bars & Tramp
- 9/14 Beam & Vault
- 9/21 Floor & Bars
- 9/28 Beam & Tramp
- 10/5 Vault & Bars
- 10/12 Beam & Floor
- 10/19 Bars & Beam
- 10/26 Floor & Vault

We offer clinics for Recreation students on Thursdays from 4-5. Clinics cost \$12 and should be registered for prior to attending. This is a great way to get extra time in the gym, working on your favorite or most challenging skills!

Achieve Gymnastics is Celebrating 4 Years in Business!

Can you believe Achieve Gymnastics has been open 4 years? A huge thank you to all of you who have trusted our vision for Achieve Gymnastics and continued to help us grow into such an amazing place for kids! We will be offering a 10% discount in our pro shop in October to celebrate our anniversary! Whether you are new to our program or have been on the journey with us during the past 4 years, we are so

glad to have your kids in our classes! We have decades of coaching experience and have watched so many of our athletes grow up into some incredible, responsible and confident individuals. Our staff at Achieve Gymnastics is committed to helping your child grow as a person and an athlete! We hope you will continue to Dream ~ Believe ~ Achieve with us for many years to come!

National Gymnastics Day

National Gymnastics Day is September 16th. Post your gymnastics photos or videos on social media using #NGD2017 for a chance to win prizes! Check out gymnasticsday.com for more information.

Have you “liked” us on Facebook?

We have been busy posting some great articles, videos & photos – don't miss out!

In the best interest of our healthy environment & as an example for our participants, Achieve Gymnastic is a tobacco free area.

8 Lessons Gym Parents can Learn from the 2016 Olympic Team

- Remember, fun is essential.
- Give them household responsibilities
- Always focus on personal best over victory.
- Be their biggest fan.
- Be their role model.
- Be there for them.
- Know your role.
- Remember: You are raising a person, not a gymnast.

(Adapted from “8 Lessons Gym Parents Can Learn from the Parents of The Final Five” – Anne Josephson/Jag Gym Blog)

Open Gym Schedule

Tue.	11:15-12:15 5 & Under
Wed.	11:15-12:15 10 & Under
Fri.	9:30-10:30 10 & Under
Fri.	7:00-9:00 6 & Up
Sat.	5:00-7:00 6 & Up

1 Hr. Open Gyms
\$5.50
2 Hour Open Gyms
\$10