



www.achievegymnastics.com  
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# Recreation Buzz – Session 1

## Important Dates

- Session Dates: 01/04 – 02/28
- Preferred Registration Week: 02/01 – 02/07

### Daily Challenge at Home:

- 15 lunges (L & R)
- 15 pushups
- 20 crunches

## January Clinics

- Sat 01/16 – Bars & Floor
- Sun 01/17 – Beam & Vault
- Sat 01/30 – Bars & Tramp
- Sun 01/31 – Beam & Floor

**Clinics will now be held on Saturdays or Sundays from 2:00 – 3:00 pm.** Clinics cost is \$12 and should be registered and paid for prior to the event.

Get some extra attention on the areas you are struggling with the most – sign up for a clinic today!

## Doing Our Part

With changing state guidelines, we will continue to adjust the structure of our classes accordingly. We will still hold four classes at a time, with up to 10 participants in each class. Classes will stay in their own area until the scheduled time to switch events.

**Before entering the building, participants should be prepared with a water bottle and a gym bag to keep their belongings in at each event.** Temperature check and handwashing will still be required as they enter the building and masks must be worn upon entering and exiting. So far, this transition has been smooth, and it wouldn't be possible without the cooperation of our participants!

## Butter Braid Fundraiser

The 2021 Butter Braid fundraiser starts Monday, January 4<sup>th</sup>! We try to provide as many fundraising opportunities as we can for our participants to earn towards their accounts. Fundraising can go towards tuition, clinics, Pro Shop, and all other things Achieve! Order forms will be emailed, posted to Facebook, and paper copies will be available at the gym. Forms are due back to Achieve with payment on January 24<sup>th</sup> and pick up is February 4<sup>th</sup>. Earnings will be available on your account by February 1<sup>st</sup>.



## Open Gyms

As state guidelines change, we are hopeful that our Open Gyms will be available again! Any updates will be posted to our website and Achieve Facebook page.



With our parent viewing area still closed, you still have the opportunity to watch your child's practice! All you have to do is create an account with Spot TV and choose one login or multiple logins, and different payment schedules. Contact the Front Desk for membership options.