



Recreation Buzz – Session 2

Important Dates

- Session Dates: 03/01 – 05/02
- Preferred Registration Week: 04/05 – 04/11
- NO CLASS – Spring Break 03/15 – 03/20

Daily Challenge at Home:

- 15 squats
- 15 lunges (L & R)
- 20 hollow body rocks

www.achievegymnastics.com
720.330.2200

March Clinics

Sat 03/06 – Bars & Floor
Sat 03/27 – Bars & Tramp
Sun 03/28 – 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!

Open Gyms

Open Gyms are available throughout the week! This is great way to get extra time in the gym! You must sign up ahead of time through the Parent Portal or Front Desk, as spots are limited.

Available Open Gyms:

Tues (10 & under) 9:00 am – 10:00 am
& 10:30 am – 11:30 am
Fri (6 & older) 7:00 – 9:00 pm
Sat (6 & older) 5:00 – 7:00 pm
Sat (6 & older) 7:00 – 9:00 pm

(We will still hold Open Gym during the week of Spring Break.)

Groups in the Gym

Thanks to your continued interest and support in our program, we have been able to add classes on certain days to allow for more participants at the gym. We are happy to see growth in our program, while also maintaining a safe environment for our participants to learn in. Due to the size of our facility, we can hold five groups at a time and manage to keep each group in their own space to allow a comfortable distance.

2021 DBA EXPO

In Session 3 we plan to host a modified version of our DBA Expo! This annual event is the most exciting part of our Recreation Program. Students are able to learn routines in practice and perform them as if they are in a gymnastics meet. Participants receive a certificate, ribbon, and a DBA Expo t-shirt! Last year we were unable to hold any version of the event, so we are happy to be able to provide a way for your kids to show off their talents this year! Parents will be able to watch this through Spot TV. More information regarding the Expo will be provided, as Session 3 gets closer!



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.

Junior Coach Program

We'd like to give a huge shoutout to our hard-working Junior Coaches for helping things run smoothly in our Rec Classes!



Expectations

All participants are required to wear a mask when entering and exiting the building. Upon arrival there will be a temperature check and hands must be washed. Cubbies are not in use, so we encourage participants to bring a bag large enough to keep their belongings in (coats, shoes, mask, etc.) while switching events. Participants should wear comfortable clothing that covers mid-section and is free of any sippers or buttons. Please contact the Front Desk with any questions!