

Recreation Buzz – Session 5



www.achievegymnastics.com
720.330.2200

Important Dates

- **Session Dates:** 08/30 – 10/24
- **Preferred Registration Week:** 09/27 – 10/03
- **No Class 09/06** (Labor Day)

At Home Daily Challenge:

20 sec R & L leg split hold
15 sec bridge hold
30 hollow body rocks

Parents Welcome!

The parent observation, lobby, and upstairs fitness area are back open! With the lobby area being opened again, we are no longer walking students to the parking lot after class. Parents are expected to come into the building to pick up kids. All parents are now welcome to come in and watch their gymnasts in person. While you watch them work out, you can work out too! Our upstairs fitness area has a great view of the whole gym. Stop by the Front Desk for one-time or punch card options for our fitness area.

Open Gyms

Open Gyms are available throughout the week! This is a great time to get in some extra practice, bring a friend, and have fun! **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

Have you left us a review?



Keep up with us on social media! We post important information on the [Achieve Gymnastics Group](#) on Facebook and all other exciting things on [Instagram](#)!

Session 5 Clinics

Sat 09/04 – Bars & Tramp
Sun 09/05 – Beam & Floor
Sun 09/12 – Beam & Vault
Sat 09/18 – Bars & Tramp
Sun 09/19 – Beam & Floor
Sat 09/25 – Beam & Vault
Sun 09/26 – Bars & Floor
Sat 10/09 – Bars & Floor
Sun 10/10 – Beam & Vault
Sat 10/23 – Bars & Tramp
Sun 10/24 – Beam & Floor

Clinics are held on Saturdays

1:30 – 2:30 or Sundays from 2:00 – 3:00 pm. Clinics cost is \$12 and should be registered and paid for prior to the event through the Parent Portal or Front Desk!



Spot TV is still an option if you aren't able to come into the parent viewing area! Just create an account with Spot TV and choose one login or multiple logins, and different payment schedules. Contact the Front Desk for membership options.

Tryouts

As of right now, we have no openings in our upcoming tryouts. As spots become available, we will announce tryout dates. If you wonder whether your gymnast is ready for the next step, it is important to speak with their coach first, and trust that they will continue to be challenged every time they enter our gym!