

METRO GYMNASTICS

Monthly Newsletter

www.metrogymnastics.com 405-848-5308

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Happy Fall everyone! We seem to be in full swing here at Metro Gymnastics. The coaches and the children are loving all our new lesson plans this year. We are thrilled with the progress of the children by repeating the lessons two weeks in a row. By doing this repetition the new skills are reinforced and they feel a sense of accomplishment.

Below is a list of important dates. You will also find these dates in your Metro Gymnastics handbook or on our website. Remember to like us on Facebook or follow us on twitter and Instagram for up to date information. If you have any questions or concerns please do not hesitate to call the office. Sarah Brawley or Carol Lee will be more than happy to talk about your child's progress.
Ms. Sarah and Ms. Carol

Come Join Our Lunch Bunch! (ages 3,4 & 5 years old)

You **don't** have to be a member at Metro Gymnastics to sign-up for **Metro's Lunch Bunch!**

Our teachers will lead your child in a supervised gymnastics playtime as well as a fun craft. *Don't forget to bring a sack lunch to eat with the teacher.* It's the perfect time for Mom to have a lunch date with her friends.

Friday, October 6th & 20th 11:30 - 1:00
\$15 /child

Toddler Open Gym

(ages walking – 3 years only)

Metro Membership is **not** required to participate.
Every Thursday 9:30am-11:30am
\$5/child

Cartwheel Clinic Saturday, October 7th

10:00-10:55

Ages 5 & up

Want to learn how to do a cartwheel or need to perfect your cartwheel? Join our experienced coaching staff as we spend an hour just working on cartwheels.

\$15/gymnast (pre-registered)
\$20/gymnast (walk-ins)

Backhandspring Clinic Saturday, October 7th

11:00-12:00

Ages 7 & up or enrolled in hot shots or big shots

Want to perfect your backhandspring? Join our experienced coaching staff as we spend an hour just working on backhandsprings or back tucks.

\$15/gymnast (pre-registered)
\$20/gymnast (walk-ins)

All Clinics will be held in suite F

[CLICK HERE TO ENROLL OR FOR MORE INFORMATION](#)

Team Tidbits

Come down to Suite F and watch Metro's AAU competitive team workout! We offer both homeschool and traditional times for our team members.

AERIAL SILKS CLASSES!

Come try out a free class! We are offering many classes for both youth and adults. For more information please check out our [website](#) or call the office to schedule your trial class!

405-848-5308



It's never too early to start your holiday shopping!! Make your gymnasts happy and order a beam for a gift from Metro! Now taking orders for Resilite Mats and Beams! Last day to place orders is December 1st. Look for flyers and poster hanging in our waiting room.



**Crazy Dress up
Week
Is Coming!!**

**Wear your costume
to gymnastics the
week of
October 25th - 31st**

Parent's Night Out! Friday, October 27th, 2017

Drop off 6:00pm

Pick up 9:30pm

\$35 for the 1st child

\$20 for sibling

**or \$65 for three or more
family members
(Ages 4 and up)**

*** supervised gymnastics fun
* dinner & snacks**

Call Metro's office to
RESERVE your spot
848-5308 or sign up online
[Sign me UP!](#)



**Metro is a peanut free
establishment.**

**HAPPY
BIRTHDAY**

**Did you know you can
have your gymnast's
birthday party at Metro?
Come enjoy your
private party at Metro!**

Need more information?
Visit our [website](#) or
office.

