

METRO GYMNASTICS

Monthly Newsletter

www.metrogymokc.com 405-848-5308

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Welcome to Metro!

We are so excited to start the Fall 2017 gymnastics program! It is hard to believe we are entering our 36th year of being family owned and operated! We are thrilled that many of our same staff will be returning and have added 3 more talented staff members. Check out our "meet the teachers" fun fact window the next time you are in suite A.

During the month of August we are evaluating all classes and making any necessary changes. 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.

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, September 8th & 22nd 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, September 9th 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, September 9th 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. Competition season starts in October and we will keep you posted on when and where the meets are so you can go cheer the girls on!

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

Make up Policy:

The children are learning many building blocks in class so they can excel in their gymnastics. If you miss class we do offer makeups, just call the office and we will help find a class time to make up.

Did you receive your HANDBOOK? Handbooks were handed out to all the children last week. If you are new or did not receive your handbook you may pick yours up at the front desk.

The Leotard lady is coming!! The GK rep is coming during these times:
Tuesday, Sept 5 3:30-7:00
Wednesday, Sept 6 9:30-2:00
Thursday, Sept 7 3:30-7:00
Monday, Sept 11th 3:30-7:00

Labor Day! Metro will be CLOSED Monday, September 4th.



Metro is a peanut free establishment.



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.

