

METRO GYMNASTICS

November and December Newsletter

www.metrogymokc.com

405-848-5308

It's a busy month at Metro! Check out our dates for lunch bunch, open gym times and our annual Gym Jam. Please take the time to vote Metro "Best Birthday" by clicking on the link below, or visit OKC Mom's Blog! The theme this month is "Frozen". The children will love incorporating their gymnastics skills with Anna, Elsa, Olaf and Sven! Remember that consistence is key with any sport. As we enter this busy time of year, your child's attendance at gymnastics is imperative. The children are learning many building blocks so they can excel in their gymnastics. If you miss a class we do offer makeups, just call the office to schedule your makeup.

2018 Mom Approved Awards

VOTE FOR US!



Thanksgiving Break

**Metro will be closed November 19th-
November 23rd**

Christmas Break

**Metro will be closed
December 24th—January 6th
(tuition will be prorated)**

***We hope you and your family has a
wonderful holiday season!***

Need a great gift?



It's never too early to start your holiday shopping!! 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 and place your order in the office.



***The Leotard lady is coming!! The GK rep is coming
during these times in Suite A:***

Monday, Nov 26 3:30-7:00

Tuesday, Nov 27 3:30-7:00

Thursday, Nov 29 3:30-7:00

Toddler Open Gym Times

(ages walking – 3 years only)

Metro Membership is **not** required to
participate.
\$5/child

**Thursday November 8th, 15th, 29th
Special date Monday, November 19th**

9:30am-11:30am

**Closed November 22nd for Thanksgiving
(see below for special sibling date)**

Parent Toddler AND Sibling Open Gym!

(Ages walking -10 years old)

Tuesday, November 20th 9:30am-11:30am

Is school closed today? We are opening our doors for you to come and play with your children at Metro! **Parents/Guardians must stay with their children in the gym.** No reservations required. No outside food or drinks in the gym please.

\$5.00/child

Suite A (West gym)

Children ages 4 and under only

Suite F (East gym)

Toddlers with siblings 5 years and older

Lunch Bunch (suite A)

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, Nov. 16th & 30th

Dec. 14th

11:30 - 1:00

\$15 /child (pre-registered)

***Don't forget to sign
up online or in the
office!***



New Years Gym Jam!

Friday, December 28th

Drop off 10:00am

Pick up 1:00pm

\$35 for the 1st child \$20 for sibling or \$65 for three or more family members age 4 and up

supervised gymnastics fun* pizza & snacks

Call Metro's office to RESERVE your spot at 848-5308 or sign up online

