

METRO GYMNASTICS

January February Newsletter

www.metrogymokc.com 405-848-5308

Happy New Year! We are so glad to see all the kids back in the gym! The next two months we are Jumping and Leaping into 2019 and "Movin and Groovin @ Metro". We are incorporating new and old skills as well as working on manners! Ask your child what the manner of the week was when they get out of class!

Don't forget to like us or follow us on social media to keep up to date with all our activities. If we have inclement weather, we will post closures on our website as well as social media.

Ms. Sarah and Ms. Carol

Cartwheel Clinic

Saturday, January 19th & February 2nd

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, January 19th & February 2nd

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](#)



Did you know you can have your gymnast's birthday party at Metro? Come enjoy your private party at Metro! New for 2019...

Aerial Silks Birthday Parties (ages 8 and up)!!

Need more information? Visit our [website](#) or call the office at 405-848-5308

Toddler Open Gym

(ages walking – 3 years only)

Metro Membership is **not** required to participate.

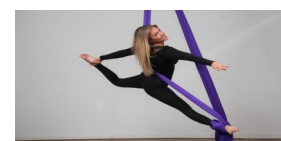
Every Thursday 9:30am-11:30am

\$5/child

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



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.

11:30 - 1:00

\$15 /child

Friday, January 18th

Friday, February 1st and February 15th

Metro will be OPEN on
President's Day.

Metro will be CLOSED for
Spring Break.....

METRO GYMNASTICS

Valentines Parent's Night Out



Friday, February 15th, 2019



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
- Enroll **online** or by calling the office

