

METRO GYMNASTICS

January February Newsletter

www.metrogymokc.com

405-848-5308

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We are so glad to see all the kids back in the gym! This month we are “Movin and Groovin @ Metro”. Forward Fiesta, Backward Luau, Sideways Mardi Gras and Twisitng Rodeo are our weekly themes. 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!

Remember your child is considered enrolled until May unless you tell us otherwise.

Ms. Sarah and Ms. Carol

Cartwheel Clinic

Saturday, January 20th & February 3rd

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 20th & February 3rd

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

Thank you to all the team members for helping with our community service project by supplying a local classroom with much needed supplies!

Good Luck to all our girls at their upcoming meet January 20-21 at Victory.



Toddler Open Gym

(ages walking – 3 years only)

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

Every Thursday 9:30am-11:30am

\$5/child

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 12th & January 26th

Friday, February 9th and February 23rd

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!

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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 call the office at 405-848-5308

