

METRO GYMNASTICS

March April May Newsletter

www.metrogymokc.com 405-848-5308

February is National Did you know that March is National Nutrition Month? At Metro we celebrate by incorporating our “sometimes” and “all the time” foods. For example we are talking with the children about how a donut is a sometimes food because we can only eat it some of the time. If we ate it all the time our tummies would hurt. An apple is an all the time food because we can eat it all the time and it would make our muscles strong. This is just another way we can positively influence our children to make healthy choices when eating. We are continuing to teach the most innovative gymnastics lessons to our students so they will progress with their gymnastics skills.

April we will be working on routines preparing for PARENT'S VISITATION! Your child can't wait to show you all they have learned all year long! Mark your calendars now!

**SAVE THE DATE FOR
MEDAL'S IN MAY
(Parent's Visitation)**

**MAY 7-11 (suite A)
May 14-18 (suite F)**

**This is the highlight of
the year! We can't wait
for you to come into the
gym and watch your
child during their normal
class time and
cheer them on receiving
their medal!!**

All Clinics will be held in suite F

Cartwheel Clinic

Saturday, March 31st & April 14th

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, March 31st & April 14th

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)

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

Team Tidbits

The girls are getting ready to finish their regular meet season in Norman. Good luck girls! State meets begin in April for the Level 3, 4, Golds and Platinums! We know they are going to do a fantastic job!



Toddler Open Gym

(ages walking – 3 years only)

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

Every Thursday 9:30am-11:30am

\$5/child

Spring Break Toddler Open Gym

Tuesday, March 20th and Thursday March 22nd
9:30am-11:30am

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

Fridays: March 9th, March 30th, April 13th, April 27th

**Metro will be CLOSED for
Spring Break.....
March 19th –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!**

Visit our [website](#) to book
your party!

Summer Information is ONLINE!

Sign up now for

classes

camps

clinics

Classes begin June 4th!

