

METRO GYMNASTICS

June and July Newsletter

www.metrogymokc.com

405-848-5308

Summer Camps "Mondays @ Metro"

ages 4 and up

Every Monday in the summer, Metro host one-day gymnastics camps for boys and girls. Your camper will get a lot of exercise and have fun at our camps. They make a cool take home craft, burn energy with gymnastics, play games, and have an Ultimate Blast!

\$25/child/time

9:00am-12:00pm

June 4th, June 11th, June 18th, June 25th, July 9th, July 16th, July 23rd

Continue the fun, bring your lunch and extend your camp until 3:00pm by joining our summer skill clinics!

9:00am-3:00pm (ages 5 and up)

\$65/child/time

Cartwheel Clinic (suite A)

Every Monday beginning June 4th

12:30-1:30

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 (suite F)

Every Monday beginning June 4th

12:30-1:30

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](#)



Kick Over and Pullover Clinic (suite A)

Every Monday beginning June 4th

1:30-2:30

Ages 5 and up

What to work on backbends and backwalkovers?

Need help with your chin up pullover on bars?

Then this camp is for YOU!!

\$15/gymnast (pre-registered)

\$20/gymnast (walk-ins)



Special Date Toddler Open Gym

(ages walking – 3 years only)

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

\$5/child

Tuesday, July 3rd and Thursday July 5th

9:30am-11:30am

Metro will be **CLOSED** for classes

Independence Day!

July 2nd– July 6th

many thanks

For voting us the past 6 years



Best Gymnastics Facility
Best Birthday Party Venue

Metro
GYMNASTICS

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



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!

Fall Information is ONLINE!

Sign up now for

classes

and

clinics

Classes begin August 20th!

