



Dream

www.AchieveSports.com

Believe

Achieve

720-330-2200

# GYMNASTICS

## January 2024

### Important Dates:

- 01/03 – Return from break
- 01/08 – Butter Braid Fundraiser
- 01/17 – Injury Prevention Talk
- 01/22 – Butter Braid forms due
- 01/31 – Butter Braid pick-up
- February tuition due

Follow us on Facebook and Instagram to see what's happening at Achieve Sports.



Achieve Gymnastics

3460 S Fairplay Way  
Aurora, CO 80014

Achieve Sports Center

22675 E Aurora Pkwy,  
Aurora, CO 80016

## Chalk Talk

It's time to check your goal! Now is the perfect time to evaluate your goals or create new ones. Write down goals for practices, the month, and the up coming season. Share these goals with teammates and push yourself to accomplish them! We look forward to a strong last few months of the off season, preparing for competition.

## 2024 Compulsory Routine Workshops

Comp Routine Workshops are essential in setting our gymnasts up for success in competition. Routine Workshops will cover beam and floor, carefully going through each step of the routines. We expect all Compulsory level gymnasts to sign up for AT LEAST one workshop. Workshops will be held at both AG and ASC. Sign up now through the Front Desk or Parent Portal. (Two hour workshops include video analysis.)

### AG

- C2 02/10 | 2:00 – 3:00 pm
- C3 02/10 | 3:00 – 4:00 pm
- C4 02/10 | 4:00 – 5:00 pm
- C3 02/19 | 10:00 – 12:00 pm
- C4 02/19 | 12:00 – 2:00 pm
- C2 02/20 | 12:00 – 2:00 pm

### ASC

- C2 02/18 | 1:00 – 2:00 pm
- C3 02/18 | 2:00 – 3:00 pm
- C4 02/18 | 3:00 – 4:00 pm

## 2024 Tuition

Below is the updated cost of Team tuition as well as multi-practice discount.

Practice Day	Monthly Tuition
Monday	190.50
Tuesday	194.75
Wednesday	198.75
Thursday	190.50
Friday	198.75
Saturday	198.75
Sunday	194.75
Multi Practice Discount	
2 Practices	(72.25)
3 Practices	(115.18)
4 Practices	(144.00)

## Butter Braid Fundraiser

The 2024 Butter Braid fundraiser will start Monday, January 8<sup>th</sup>! We try to provide as many fundraising opportunities as we can for our participants to earn towards their accounts. Fundraising can go towards tuition, clinics, Pro Shop, and all other things Achieve! Order forms will be emailed to families. Forms are due back to Achieve with payment by January 22<sup>nd</sup> and pick up is January 31<sup>st</sup>.

## GET CONNECTED

[AchieveSports.com](https://www.AchieveSports.com)

Facebook:  
[Achieve Sports & Achieve Gymnastics Group](#)

Instagram:  
[@AchieveSportsCo](#)

## ONE YEAR

**January 28th will mark one year of opening the doors at Achieve Sports Center!**

**From being able to host our own meets, to the opportunity to develop so many other programs, it has been a DREAM come true.  
Thank you for your continued support!**

### SPORTS MEDICINE CENTER Children's Hospital Colorado

#### ***Staying Healthy During Holidays: Physically, Mentally and Emotionally***

*The holidays are a joyous time filled with family bonding, delicious food and memories that last a lifetime. However, the busyness of this special time can also make it hard to focus on staying healthy. Stress, colds and extra sugar can all threaten to make this season memorable for the wrong reasons. In this article, our partners at Children's Hospital Colorado explain some of the best ways families can help their children stay active, eat a balanced diet and avoid getting sick.*

*Learn more about staying healthy this winter at [ChildrensColorado.org](http://ChildrensColorado.org).*



### Other Sports & Activities

Achieve offers a wide range of sports and enrichment programs!

Click the links or contact the Front Desk for more information on what we have to offer at Achieve Sports Center.

#### Court:

- [Achieve Volleyball Club](#) (For info on club contact [Sydne@AchieveSports.com](mailto:Sydne@AchieveSports.com))
- 3 on 3 Basketball
- Rec Volleyball
- Pickleball

#### Turf:

- Soccer League
- Rec Lacrosse
- Rec Softball
- Rec Soccer
- Rec Golf
- Rec Baseball
- Strength & Agility

#### Fitness:

- REB3L GROOVE (14+)
- UpBeat Barre (13+)

#### Enrichment:

- Art Classes

### Open Gym

Open Gyms are available throughout the week! This is a great time to get in some extra practice, bring a friend, and have fun! **Sign up ahead of time through the Parent Portal or Front Desk, as spots are limited.**

### Gymnastics

#### AG

Tues (10 & under) 9 – 10 am

Fri (6 & older) 7 – 9 pm

#### ASC

Wed (10 & under) 10 – 11 am

Sat (10 & under) 9:30 – 10:30 am

Fri (10 & under) 9-10 am

Sat (6 & up) 5:30 – 7:30 pm (includes Ninja)

### Court

#### Pickleball

Mon – Fri 10 am – 12 pm

Tues 5 – 7 pm & 7 – 9 pm

Fri 6 – 8 pm

Sat 10 am – 12 pm

Sun 10 am – 12 pm & 12 – 2 pm

#### Volleyball

Mon/Wed 7-9 pm

Sun 2-4 pm

#### Basketball

Thurs 7 – 9 pm

### Turf

Mon 11 am – 12 pm

Tues 11 am – 12 pm

Sat 11 am – 12 pm