

Gymnastics Rec Buzz - Session 1



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GYMNASTICS • NINJA • CHEER

Important Dates

- **Session Dates:**
01/03 – 02/25
- **Preferred Registration Week:**
01/29 – 02/04
- **Butter Braid Fundraiser**
01/08 – 01/22 (Pick up 01/31)

Fundraising can go towards tuition, clinics, Pro Shop, and all other things Achieve!

Happy New Year!

We are thrilled to be coming up on ONE YEAR of Achieve Sports Center being up and running. Thank you for your continued support!

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
Fri (10 & under) 9-10 am
Sat (10 & under) 9:30 – 10:30 am
Sat (6 & up) 5:30 – 7:30 pm

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

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 Sydney@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

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.



Have you left us a review?

