



Dream

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Believe

Achieve

720-330-2200

GYMNASTICS

March 2024

Important Dates:

03/3 & 03/05 – Parent Meetings

03/15 – League Fee Due

03/31 – Easter (No Practice)

04/28 – Achieve Sports EXPO

Spring Break Open Gyms

Achieve Gymnastics

03/12: 10 – 11 am (10 & under)

03/19: 10 – 11 am (10 & under)

03/22: 10 – 12 pm (6 & up)

Achieve Sports Center

03/20: 11 – 12 pm (10 & under)

03/22: 10 – 12 pm (6 & up)

Achieve Gymnastics

3460 S Fairplay Way
Aurora, CO 80014

Achieve Sports Center

22675 E Aurora Pkwy,
Aurora, CO 80016

Chalk Talk

Competition season is just around the corner! As we approach our first preseason meets, we will continue to focus on the details of skills and routines. We hope you will embrace your routines, having fun performing them during practice and competitions. We are so excited for another season filled with improvements and fun!

GET CONNECTED

AchieveSports.com

Facebook:

[Achieve Sports & Achieve Gymnastics Group](#)

Instagram:

[@AchieveSportsCo](#)

Upcoming Competition Fees

- **March 15th** – League Fee Due (\$235)
- **April 15th** – Parent Volunteer Fee Due (\$100)

Spring Break Comp Clinics

C3 & C4 Beam and Floor Routine Clinics:

03/20 4 – 5 pm @ ASC

03/21 4 – 5 pm @ AG

03/22 4 – 5 pm @ ASC

C2 & C3 Beam and Floor Routine Clinics:

03/21 4 – 5 pm @ASC

C4 Tumbling and Bar Clinics:

03/21 4 – 5 pm @ ASC

Dance For Gymnastics

We are so excited to be entering the first session of our Dance for Gymnastics classes for our team gymnasts. Participating in this first session, which began the week of 02/26, will allow gymnasts to elevate, jumps, turns, leaps, and performance just in time for competition season! These classes are available only at our Achieve Sports Center location, though we hope to add classes to our Achieve Gymnastics location in the future.

There is still room to join classes! Any later additions will have tuition prorated to reflect the number of classes remaining. Come experience the joy of dance by getting enrolled through the Front Desk.

Achieve Sports EXPO

Our Annual EXPO is coming up! We look forward to this event every year, as we get to celebrate the hard work of our rec athletes. **The Expo will be held at ASC on Sunday April 28th.** The attendance of optional level gymnasts' plays a huge role in helping make this event a success, so make sure to mark your calendars!

Compulsory Level Classes

Tuesdays 4:15 – 5:00 pm

Wednesdays 4:15 – 5:00 pm

Wednesdays 7:00 – 7:45 pm

Optional Level Classes

Mondays 5:15 – 6:15 pm

Tuesdays 5:15 – 6:15 pm

Mandatory Parents Meetings

Before the competition season starts, parents are required to attend a Parents Meeting. These are to ensure you are informed on what to expect throughout the competition season. This will cover competition fees, tentative meet schedules, parent volunteer fund, and other important information! All meetings will be held at ASC. Please plan to attend one for your gymnast's level and sign up ahead of time through the Parent Portal or Front Desk. If you have Compulsory and Optional level gymnasts, sign up for the Optional level meeting. You only need to attend one meeting.

03/03 Comps 12:30 – 2 pm

03/03 Optionals 2:15 – 3:45 pm

03/05 Comps 5 – 6 :30 pm

03/05 Optionals 6:45 – 8:15 pm

Comp Routine Workshops

Thank you to all the compulsories that attended routine workshops making them a success! During these workshops comps were introduced to their Floor and Beam routines. In the weeks to come we will continue to break down the routines to make sure every gymnast is understanding and memorizing their routines. You can practice these routines at home using the routine videos which can be found on the [Colorado Gymnastics League](#) website. Remember routines can never be practiced too much!



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:

- 3 on 3 Basketball
- Rec Volleyball
- Pickleball

Turf:

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

Enrichment:

- *NEW* Tippy Toes Dance

Gymnastics:

- *NEW* Dance for Gymnastics

Upcoming Events

Introduction to Field Hockey Camp:

March 20th – 22nd from 12 – 2 pm
@ ASC (coed, age 6 – 12)

High School Field Hockey Camp:

March 20th – 22nd from 2:30 – 4:30 pm
@ ASC (girls, age 13 – 18)

Golf Camp:

March 18th – 19th from 9 am – 12 pm
@ ASC (coed, age 5 – 12)

Volleyball Camp:

March 18th – 20th from 12 – 3 pm
@ASC (coed, age 6 – 13)

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 – Thu: 10 am-12 pm & 12 pm-2 pm

Tues 7-9 pm

Fri 9 am-11 am, 11 am-1 pm & 6 pm-8 pm

Sat 12 pm-2 pm

Sun 10 am-12 pm & 12-2 pm

Volleyball

Mon/Wed 7-9 pm

Sun 3-5 pm

Basketball

Sat 9-11 am

Turf

(10 & older) Mon/Tue/Wed/Fri 12-2

(10 & Under) Mon/Tue 11-2 pm

Wed 10:30-11:30 am