



GYMNASICS

January 2026

Important Dates:

01/31: February Tuition Due

01/19 – 02/16: Little Caesars Fundraiser

01/17: Preseason Meet at ASC

GET CONNECTED

AchieveSports.com

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

Instagram:
[@AchieveSportsCo](#)

Achieve Gymnastics
3460 S Fairplay Way
Aurora, CO 80014

Achieve Sports Center
22675 E Aurora Pkwy,
Aurora, CO 80016

Chalk Talk

Welcome back! We hope you had a fun and restful break! Revisit your goals from pre-season as the season is now kicking off. Are you where you would like to be? If not, what can you do during practice, at home, and at meets to get closer to where you want to be? You can do this!

Little Caesars Fundraiser

Kick off the season with some staples from Little Caesars. This fundraiser will run **1/19 – 2/16**

This fundraiser will be **100% online**

Keep an eye out for more information on ordering!

2026 Tuition

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

| Practice Day | Monthly Tuition |
|--------------|-----------------|
| Monday | 214.00 |
| Tuesday | 218.50 |
| Wednesday | 218.50 |
| Thursday | 218.50 |
| Friday | 218.50 |
| Saturday | 218.50 |
| Sunday | 209.50 |

Multi Practice Discount

| | |
|-------------|----------|
| 2 Practices | (84.73) |
| 3 Practices | (156.30) |
| 4 Practices | (223.75) |

*Additional family members receive a 20% discount

Preseason meet

The preseason meet is strongly recommended for all Compulsory 2 and Xcel Silver gymnasts to attend.

For Xcel Gold, Platinum, and Diamond gymnasts, attendance is optional but recommended.

This is a great opportunity to get a practice meet in before regular season meets begin.

Spots in each session are limited; please make sure you are only signing up for one session and for the correct level.

The meet will be at Achieve Sports Center (22675 E Aurora Pkwy, Aurora, CO 80016).

Session 1 - 1:30 - 3:30pm (C2 and Silver)

Session 2 - 3:30 - 5:30pm (C2, Silver, and Gold)

Session 3 - 5:30 - 7:30pm (Gold, Platinum, and Diamond)

Sign up through the Parent Portal or at the front desk!

SPORTS MEDICINE CENTER

Children's Hospital Colorado

What All Coaches Need to Know About First Aid

Do you have the essentials packed?

The start of a new year is the perfect time to ensure your first-aid kit is ready for the next emergency.

From the essentials you need to the best way to assemble, check out our expert guide.

ChildrenColorado.org



Nutrition Tip of the Month

SPORTS MEDICINE CENTER
Children's Hospital Colorado

Homemade energy bites are small, nutrition packed pre-workout snack. Eating 2 to 3 an hour before practice can give you the energy you need to perform!

Other Sports & Activities

Achieve offers a wide range of sports and enrichment programs! Visit our website (Achievesports.com) or contact the Front Desk for more information on what we have to offer at Achieve Sports Center.

Court:

- Basketball
- Rec Volleyball
- Volleyball League
- Pickleball
- Sports Strength & Agility

Other:

- Ju Jitsu w/ BRD BJJ
- Dance w/ Tippi Toes
- Baseball & Softball w/ HitStreak

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: 10-12 pm & 12-2 pm

Tues 7-9 pm

Fri 9-11 am, 11-1 pm, & 7-9 pm

Sat 12-2 pm

Sun 10-12 pm & 12-2 pm

Volleyball

Tues: 7-9 pm