



GYMNASTICS

April 2026

Important Dates:

04/30: May Tuition Due

04/05: Easter (No practice)

05/02 & 05/03: Achieve Sports Expo

05/02 – 05/09: Used Leo Sale

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

This season has been full of improvement and growth. Keep pushing your limits! Every practice, every little step, is getting you closer to where you want to be. Progress takes time, but don't forget—you've got the strength and determination to crush it. Keep pushing, stay positive, and let your passion drive you forward.

Used Leo Sale

The Achieve Sports Boosters offers a way raise money and purchase used leotards at great prices! **The Used Leo Sale is May 2nd through May 9th.** The Sale will be held at **Achieve Sports Center** (22675 E Aurora Parkway, Aurora, CO 80016).

Between now and May 1st, you bring in your tagged used leotards, and other gymnastics apparel to the Front Desk at either location. For each item you sell, the Achieve Sports Boosters shares the fundraising proceeds with you. Your portion is placed in the Achieve Sports Boosters fundraising account to be used towards anything Achieve related such as tuition, pro shop, summer camps, etc. These funds become available to you by May 15th.

Barcode tags can be found in an informative email shared March 5th.

Please Note: All unsold leotards must be picked up on or before Monday, May 18th. If they are not picked up by May 18th, we assume you want to donate them to Achieve Sports Boosters for future sales.

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 Saturday 05/02 & Sunday 05/03.**

The attendance of optional level gymnasts' plays a huge role in helping make this event a success, so make sure to mark your calendars!

Summer Camps

Summer camps are just around the corner! These camps are the best time to work on the skills necessary to advance levels. Payment is due at the time of enrollment.

Spots are limited, sign up now!

C2, Silver, & Gold (ASC)

06/15 - 06/17 (Mon-Wed) 12-3pm

07/13 – 07/15 (Mon-Wed) 12-3pm

Platinum, Diamond, Sapphire (ASC)

06/08 – 06/10 (Mon-Wed) 12-3pm

07/06 – 07/08 (Mon-Wed) 12-3pm

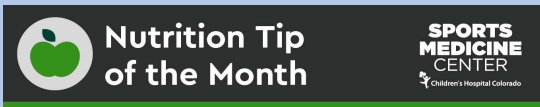
Cost: \$225



How to help female athletes perform their best

Sports performance is more than just the physical aspect —it’s mental too. And often, young female athletes struggle in ways that may be overlooked. From hormones and team culture to pressures that can limit play, learn more about navigating the mental health side of girls’ sports from our expert partners at the Sports Medicine Center at Children’s Hospital Colorado.

ChildrenColorado.org



Supplements are a multi-billion dollar industry, and in the United State, they’re largely unregulated. That means they can be mislabeled, contaminated or contain hidden ingredients including medications or banned substances with particular high risk in weight loss, muscle-building and sexual enhancement.

The American Academy of Pediatrics recommends teens fuel performance through food, not pills. Eating enough of a wide variety of foods, and timing nutrition around practice or games, is the safest way to support athletic goals. Before taking any supplement, talk to a healthcare provider. A sports dietitian can also help weigh the risk and benefits and ensure proper nutrition.

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