



# GYMNASTICS

## May 2026

### Important Dates:

**05/02 – 05/09: Used Leo Sale**

**05/31: June Tuition Due**

**05/25: Memorial Day (No practice)**

**06/29 – 07/05: Summer Break (No practice)**

### GET CONNECTED

[AchieveSports.com](http://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

Congratulations on an amazing season! We hope each of you have found something to be proud of. We are proud of the hard work you've put in to learning and are grateful for your willingness to try new things. As the season has come to an end for many of you, push yourself to prepare your skills for next season. It will be here faster than you think! To those of you nearing the end of your season, keep the momentum going and finish strong. You've got this!

#### Used Leo Sale

Find some preloved treasures at the **Used Leo Sale from May 2nd through May 9th**. The Sale is being held at **Achieve Sports Center** (22675 E Aurora Parkway, Aurora, CO 80016).

Funds from Leos you sell will be available May 15th. 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.

#### Team Tryouts

C2s will be invited to Silvers if they attained 3 perfected ribbons during season. Silvers & Golds must have attained at least a 32.0 all-around score during the season to be eligible for tryouts. Gymnasts must also show proficiency with next level skills.

##### Silver to Gold

**ASC**  
06/18 1-2 pm  
06/24 5-6 pm  
7/22 5-6 pm

**AG**  
06/18 5-6 pm  
07/20 5-6 pm

##### Gold to Platinum

**ASC**  
05/13 5-6 pm  
06/18 2-3 pm

**AG**  
05/14 5-6 pm

#### Achieve Sports Expo

The 2026 Achieve Sports Expo was a success!

The time that you take to help with this event each year makes a huge impact on our gymnasts. They love the opportunity to get to know you and look up to you as you preform your skills. We can't wait for next year!

#### 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

Athletes rely on proper nutrition to stay energized through the school day and perform their best in games or practices. Packing a balanced lunch can not only improve performance, but support endurance and recovery. From intense training day nutrition tips to quick meal ideas, check out our expert guide

[ChildrenColorado.org](http://ChildrenColorado.org)



After practice, adding in a nutritious snack or meal will provide your body the nutrition it needs to recover quickly. The key players include fluids, protein and carbs, Add colorful fruits and veggies for extra antioxidants to help your muscles bounce back. Dietitian's recommend eating within an hour after practice, and enjoying a snack if the next meal is more than two hours away.

To learn more about our Sports Nutrition Program click [here](#) or to get more helpful tips for your athlete, click [here](#).

### Other Sports & Activities

Achieve offers a wide range of sports and enrichment programs! Visit our website ([Achievesports.com](http://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