



GYMNASTICS

June 2026

Important Dates:

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

06/30: July Tuition Due

07/04: Independence Day (No practice)

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

Congratulations on an amazing season! We hope each of you have found many things to be proud of. As season has now concluded for all of you, be intentional during this off season. As we work new skills and through different challenges remember to speak positively to yourself. Practice using “I am / I can / I will” statements and encourage others in the same way. What you are saying matters!

Achieve Sports Center

We are incredibly proud of what has been accomplished at Achieve Sports Center since opening in January 2023. We are deeply grateful to the families and athletes who have been part of that journey.

Unfortunately, due to ongoing overhead, tax, and regulatory burdens associated with the Sports Center facility, the building owners have made the decision to sell the property.

As a result, **Achieve Sports Center at 22675 E Aurora Parkway will close, effective June 30, 2026.**

Achieve Gymnastics will continue in full operation at our legacy location, 3460 S Fairplay Way, at Chambers / Hampden.

We are committed to continued athlete development, safety, and positive experiences.

An email was shared on 05/20 with more detail.

Summer Camps

Summer camps are in full swing! 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

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

07/13 – 07/15
(Mon-Wed) 12-3pm (AG)

Platinum, Diamond, Sapphire

06/08 – 06/10
(Mon-Wed) 12-3pm (ASC)

07/06 – 07/08
(Mon-Wed) 12-3pm (AG)

Cost: \$225



How Don't let cramps take them out of the game

How to spot, soothe and stop muscle cramps in young athletes

Muscle cramps can come fast and take young athletes out of the moment just as quickly. The good news? With the right approach, many cramps can be identified, treated and even potentially prevented. Read our expert guide to help young athletes avoid cramps and keep playing.

ChildrenColorado.org



Is breakfast a struggle in the morning? Many athletes are rushing out the door and often skip the most important meal of the day. But after fasting all night, an athlete's body needs fuel in the morning to help kickstart the brain, restore glycogen (stored form of glucose) for activity and continue to recover. Try these fast and easy breakfast ideas:

- Hard boiled eggs, a granola bar and fruit
- Peanut butter and jelly sandwich with fruit
- Greek yogurt with fruit and granola
- Frozen breakfast items like burritos, sandwiches or scramble cups (with toast) with fruit
- Frozen muffins with fruit and cheese
- Bagel with cream cheese with fruit and milk
- Toast with peanut butter and milk
- A granola bar with string cheese and fruit

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

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