

Gymnastics Rec Buzz – Session 5



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Important Dates!

- **Session 5 Dates**
8/31 – 10/25
- **Labor Day (No Classes)**
9/7
- **Preferred Registration Week for Session 6**
9/28 – 10/4

Flip into a Fantastic School Year!

Good luck, gymnasts as you head into another year of school!

Open Gym

Open Gyms are available throughout the week! This is a great time to get 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.**

Open Gym Times

Tues (10 & under) 9-10 am
Wed (10 & under) 10-11 am
Fri (10 & under) 9-10 am

Fri (6 & older) 7-9 pm
Sat (6 & older) 6-8 pm

Open Gym Prices

1-hour Open Gyms – \$6.00
2-hour Open Gyms - \$12.00

Additional Open Gyms During Fall Break (10 & Younger)

Tues 10/13: 10-11 am
Fri 10/16: 10-11 am

Have you left us a review?



Fall Break Clinics **\$20** **(Ages 6-12)**

BARS Clinic 10/13:
Tues 12-1pm Pullovers, Back Hip Circles, Undershoot Dismounts & more

FLOOR Clinic 10/14:
Wed 12-1pm Roundoffs and Back handspring drills

Celebrate your Birthday with Achieve!

Achieve Gymnastics offers birthday parties!! Time slots are offered on Saturday and Sundays.

Come enjoy an hour in the gym space and ½ an hour in a private party room!

See the Front Desk for more info!

SPORTS MEDICINE CENTER Children's Hospital Colorado

Healthy nutritional habits can make a difference in athletic performance. Pick a goal from the most ignored areas below and try it out for one month to see how it improves your energy and gameplay:

- Eat breakfast daily.
- Take a water bottle with you and hydrate throughout the day.
- Eat 5 fruits and veggies daily.
- Sleep 8 to 10 hours per night.
- Fuel during workouts longer than 1 to 1.5 hours with sports drink or a mix of water with high carbohydrate foods like fruit or crackers.
- Pack meals and snacks the night before school to keep fueled.

ChildrenColorado.org