

GYMNASTICS REC BUZZ

SESSION 6



Session 6 Dates:

10/26 – 12/20

Preferred Registration

Week for Session 1 2027:

11/30 – 12/6

Closure Dates:

Halloween 10/31: Closed at 3pm (No Open Gym)

Thanksgiving break 11/25 – 11/29: No Classes

Winter Break 12/21-1/3: No Classes

Open Gym Times:

Tues (10 & under) 9-10 am

Wed (10 & under) 10-11am

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

Reminder: Butter Braids will be delivered on November 12th! If you participated in this year's fundraiser, please plan to pick up your order by 9 PM that evening!

CONTACT US



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Nutrition Tip of the Month

**SPORTS
MEDICINE
CENTER**
Children's Hospital Colorado

Sports Nutrition Tip of the Month: October

Iron & Athletic Performance

Iron helps your body carry oxygen to your muscles. Low iron levels can contribute to fatigue, feeling cold, lightheadedness, pale skin, and decreased performance.

Get iron from food first:

- Meat & fish — highly absorbable sources
- Beans, lentils, nuts & seeds
- Iron-fortified cereals
- Leafy green vegetables
- Dried fruits like raisins, apricots & prunes

Tip: Dairy/calcium-fortified alternatives, tea, coffee, and cocoa can reduce iron absorption.