

Metro Gymnastics

March 2017



Did you know that March is National Nutrition Month? At Metro we celebrate by incorporating our “sometimes” and “all the time” foods. For example we are talking with the children about how a donut is a sometimes food because we can only eat it some of the time. If we ate it all the time our tummies would hurt. An apple is an all the time food because we can eat it all the time and it would make our muscles strong. This is just another way we can positively influence our children to make healthy choices when eating. We are continuing to teach the most innovative gymnastics lessons to our students so they will progress with their gymnastics skills.

Are you starting a spring sport? If you have a scheduling conflict, call the office and we can find another class for your gymnast.

Summer Gymnastics and Camp Schedule will be out mid March!

Metro will be CLOSED for SPRING BREAK, March 13th – 17th.

**SAVE THE DATE FOR
MEDAL'S IN MAY (Parent's
Visitation)!!!!
MAY 15TH-19TH**

We can't wait for you to come into the gym and watch your child during their normal class time and cheer them on receiving their medal!!

Come Join Our Lunch Bunch!

(ages 3,4 & 5 years old)

You **don't** have to be a member at Metro Gymnastics to sign-up for *Metro's Lunch Bunch!*

Our teachers will lead your child in a supervised gymnastics playtime as well as a fun craft. *Don't forget to bring a sack lunch to eat with the teacher.* It's the perfect time for Mom to have a lunch date with her friends.

Friday, March 3rd & March 24th

11:30 - 1:00

\$15 /child

[Sign me up!](#)

Toddler Open Gym

(ages walking – 3 years only)

Every Thursday 9:30am-11:30am

\$5/child

Closed March 16th

Cartwheel Clinic

Saturday, March 4th

10:00-10:55

Ages 5 & up

Want to learn how to do a cartwheel or need to perfect your cartwheel? Join our experienced coaching staff as we spend an hour just working on cartwheels.

\$15/metro gymnast preregister

\$20 at door

[Sign me up](#)

Clinic will be held in Metro's Team Gym Suite F

Backhandspring Clinic

Saturday, March 4th

11:00-12:00

Ages 7 & up or enrolled in hot shots or big shots

Want to perfect your backhandspring? Join our experienced coaching staff as we spend an hour just working on backhandsprings or back tucks.

\$15/metro gymnast preregister

\$20 at door

[Sign me up](#)

Clinic will be held in Metro's Team Gym Suite F



Voted Metro Family Magazine BEST Birthday Venue
for the 4th year in a row!!

Did you know you can have your gymnast's birthday party at Metro? Come enjoy your private party in our new facility! One of our wonderful staff members will instruct your gymnast and their friends in 90 minutes of gymnastics fun! Our staff will lead the children around the gym through obstacle courses, swinging on the bars and having the time of their lives! We will help with opening presents and cake time in our party room. You bring the cake, drinks and paper goods, we supply the FUN!

Birthday Days and Times
Saturdays (Suite A & F)
10:00-11:30
12:00-1:30
2:00-3:30

Sundays (Suite A only)
1:00-2:30
3:00-4:30

Did you know you can schedule a birthday party in our TEAM gym, suite F? Our "older" kids LOVE this gym and it's perfect for those kids that are 8 years old and up! Bookings only offered on Saturdays.

Need more information? Visit our [website](#) or visit the office.



Please remember Metro is a peanut free facility! Many of our students are highly allergic to peanuts along with two of our coaches.



Did you know we offer Adult Aerial Silks Classes?

We have room for you on Wednesday nights! For more information visit our [website](#).

Team Tidbits

Good Luck Level 4's at the STATE meet.
They will be competing March 25th in Norman.

Team Evaluations
March 29th 5:00-6:30
Open to current Hot Shots and Big Shot Students
Watch for your email/note for more information.

Stay connected



Instagram

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