

Newsletter March 2025



CONGRATULATIONS TO OUR TEAM GYMNASTS!

Our team gymnasts have been doing very well with their competition season. We are so proud of all of their accomplishments and the amazing teammates they are to one another! They have two more regular season meets and then will compete at the STATE meet the end of the month!

CONGRATULATIONS GIRLS!



Movement Feeds The Brain



There are so many benefits we get from doing gymnastics. Movement is important to feed the brain to help it move through the proper trajectory of development! Gymnastics helps in developing strength and coordination as well as improving flexibility. We are working to develop self-confidence and improving self-esteem! Gymnastics sets a great foundation for other sports in the future as well. We work hard in gymnastics, but we also HAVE FUN!!

I LOVE GYMNASTICS WEEK!

Thank you for participating in our I LOVE GYMNASTICS week and wearing GEMS colors. We loved seeing all the wonderful things the kids love about gymnastics! So many of you participated and it was great! The winner from our drawing will be announced soon!

The winner from the drawing can choose a leotard or GEMS apparel item.

GO GEMS!

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GEMS ATHLETIC CENTER will be CLOSED the week of March 31- April 5 for Spring Break for ALL preschool, pre team, and recreational classes to help give our coaches a chance to enjoy time with their kiddos and families. Team will also have the week off unless our upper level kids qualify for the Regional competition in April.

*** Tuition is DUE by the 10th of each month. If not then a \$10 late fee is added to your account. If your account is not current after more than 2 months and no communication with the owners has been established, then your child will be dropped from their class. Thank you for your understanding and helping with your accounts.

***NEXT OPEN GYM will be Friday, March 21 from 7-830. Cost \$10 ages 5- 12 ish.

Important information!!!

We are reminding all families that we are a NUT FREE FACILITY as we have coaches and kids that are highly allergic to peanuts. If your child has peanut items they will be asked to throw it away and wash their hands. Please do not send those as snack options. Thank you for your understanding. Please no jewelry or skirts when out on the floor as they can be dangerous for the athlete and coach.

Brain Based Movement



Please join us in our collaboration with Spoelstra Family Chiropractic and Focus for our next Brain Based Movement class and open gym on Saturday, March 15th. Cost is FREE and ages are 5-10. Please sign up with our online portal. _____



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MIKE WHITE



Thank you Sponsors!

We are so grateful to the businesses that have become sponsors. A HUGE THANK YOU to Rathdrum Dental, Drainz it, and Mike White Ford for their investment into our gymnasts. We are truly thankful to these businesses and the owners for their generosity!

Make sure you support their businesses if you can!