

Newsletter November 2025



Mark your calendars

November 1-Team Bonding

November 8- Preteam and
Team pictures

November 22- Brain Based
movement class 9-10 am- FREE

November 21- Open gym 7-830

November 27-30- CLOSED for
Thanksgiving break

Raffle basket fundraiser

December 6th

December 1-6th- Food Drive

December 6th- Annual Pre
Team MOCK MEET



THANK YOU!

*Thank you for being a part of our gym! We are grateful to our families and staff!

*Fall is flying by and as the weather turns, please be on the lookout at our FACEBOOK or Instagram pages for any unexpected closures.

*Please join us for our Brain Based movement class where we do fun exercises and encourage different body movements. If you want to learn more about seeing behaviors through a new lens as well as learn about what we do in the brain based movement classes, please check out the Brain Blossom program!

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!!



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RATHDRUM DENTAL
JEFFREY L. OSWELL, D.M.D.
General & Implant Dentistry

Drainz it™

MIKE WHITE



Thank you Sponsors!

We are so grateful to the businesses that have become sponsors. A HUGE THANK YOU to Rathdrum Dental, Drainzit, 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!



HAPPY THANKSGIVING!

GEMS ATHLETIC CENTER will be CLOSED November 27-30 to celebrate THANKSGIVING for ALL team, preschool, pre team, and recreational classes.

** Next OPEN GYM is Friday, November 21st from 7-830. Ages 5-12 and the cost is \$10 per child.

*** Tuition is DUE by the 10th of each month. If not then a \$10 late fee is added to your account.

RAFFLE BASKETS AND MOCK MEET

Please join us in helping us to raise funds for our team gymnasts with our raffle baskets. Our mock meet will be on December 6th and we will have tickets for sale at the gym for our raffle baskets in the weeks leading up to the competition. These will be drawn at the meet and you do not need to be present to win. Please check them out and then purchase tickets at the front desk. Friends and family can also purchase tickets! Thank you for your support!!

