

**FlashBack July:**

**Dino Month**

Gymsters enjoyed stomping like T-Rex and flying like around the gym this month as we celebrated Dino Days! My favorite was our “crack the egg” game where students were bounced on a giant Dino “nest” which challenged their body control and core strength.



Gymsters also practiced developmental pieces of handstand. From t-shape, lunge kick and mountain hold, your Gymster enjoyed many challenging opportunities to build upper body strength while mastering this skill.

Happy Tumbling  
Jocelle Burdett  
Gymster Manager

**Gymster Theme: Amazing Animals**



August 18th-30th join us for some monkeying around as we learn all about animals and the way they move. Can you swing and climb like a monkey, crawl like a bear, gallop like a horse or jump like a frog? Your wild animal is sure to have a hopping good time!

**Gymster Skill of the Month: Tuck Jump**

**Gymster Theme Song:**

“Daddy’s Taking us to the Zoo Tomorrow” Kids Sing-a-long Singers available on iTunes.

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**Gymster National Gymnastics Day 2014**

Join us for a SPECIAL Adventure hour on Friday September 19th, at 11:15-12:30 to celebrate National Gymnastics Day! We will have themed activities and games, face painting, crafts and pop-sicles!

Friends 5 and under are welcome to come for FREE!

Don’t miss the FUN!