



NEWSLETTER



New Pom Dance Program: A Huge Success!

Our Pom Dance Program with Karina has been an absolute hit! We're thrilled to see so many excited faces in our Wednesday class from 4:30-5:30 PM. The energy, enthusiasm, and progress we're witnessing each week is truly remarkable. Thank you to all our dancers and families for making this program such a success!

Due to the overwhelming response and growing interest, we're exploring the possibility of adding a Friday evening class. If you missed out on our current program or if an additional day would better fit your schedule, keep an eye on our announcements for updates about this potential new class.

We appreciate your continued support of our dance programs and love seeing our young dancers shine with newfound confidence and skills. Keep dancing!



Sam's Spot: Adult Open Gym Grows!

Our Adult Open Gym program, especially on Monday nights, has grown significantly with several wonderful new members joining our community! Coaches Daryl and Jill have done a great job creating this environment for all participants.

We're thrilled to welcome Chavilah, who recently opened her daycare business, and Jeannie, an ex-gymnast who competed at San Jose State University and will turn 70 this September. Jeannie has quickly become our official "Ambassador" of Gymnastics Beat, impressing everyone with her skills and generously helping others during our adult sessions. She brings a wealth of experience and inspiration to everyone around her. Stay tuned for next month's newsletter where we'll feature a special spotlight on Jeannie's impressive championship bodybuilding career with photos and stories from her competitive days!

Congratulations to both Chavilah and Jeannie for embodying what makes our gym so special, a place where adults from all backgrounds and ages can work out, have fun, share their passions, and do what they love in a supportive environment!

NGA Team at Santa Clara Competition: Rising to the Challenge!



Our NGA team showed tremendous heart at their recent meet in Santa Clara! As they gear up for the State Championships, our athletes delivered standout performances across all divisions. In the Bronze division, Amelia Reyna and Kylee Bennion both secured top-5 finishes, while our Silver athletes truly dazzled. Amarrah Henderson claimed 1st All-Around with wins on Vault and Beam, placing 15th overall out of more than 50 competitors. Danica Yang, Mikayla Klepac, and Valerie Vidales each earned multiple top-5 finishes, with Mikayla hitting a personal best of 9.625 on Bars.

The technical execution and poise shown by our gymnasts impressed both judges and spectators alike. As coach Jill expressed, our athletes are discovering their true potential and growth in this sport. Beyond the scores and placements, they're developing as competitors and teammates, consistently supporting one another through every challenge. We couldn't be prouder of their journey and are excited to see what's ahead as they continue preparing for States!



PA Cheer Teams: A Month of Triumph, Join Us Live on April 27!

April was a month of competition for our PA Cheer Team, and they handled it like true champions! They competed in three major events back-to-back: The USA Super Nationals and the American Championship in LA, and The Encore Championship in Santa Clara. Despite the demanding schedule, our team delivered powerful performances and represented PA with energy, skill, and pride. We're inviting the community to watch them live at our PA Cheer Showcase on **April 27th!** This event is open to the public and will feature the same routines performed at competition, come cheer them on and celebrate a month of achievement!

Ageless Strength: Sam and Jeannie Defy Expectations



Talk about gymnastics goals! Our latest Adult Open Gym featured an amazing moment when 69-year-old Jeannie spotted our 68-year-old owner Sam as he did his signature fingertip handstands. These two show that passion for gymnastics really does last a lifetime! Sam's incredible balance and strength, plus Jeannie's careful spotting, highlight the teamwork that makes our gym community so special.

Jeannie Smith isn't just enthusiastic, she's got some serious background! She was on the San Jose State University gymnastics team and has kept fitness as a core part of her life ever since. She's been a licensed Physical Therapist since 1993 and runs her own company, The Ergo Firm, where she's spent over 29 years in occupational health and safety consulting.

What many members might not know is that Jeannie is also an OSHA Authorized General Industry Trainer, certified to conduct important safety training programs. Her professional credentials include maintaining an active California physical therapy license through 2026, showcasing her ongoing commitment to her field.

Her journey from college gymnast to physical therapist, champion bodybuilder, and now back to gymnastics is pretty inspiring! Jeannie never stopped challenging herself through different physical activities over the years, never letting age stop her from learning new things.

During our adult open gym, you'll often find Jeannie sharing tips about body mechanics and proper form with fellow gym-goers. She blends her professional knowledge with her hands-on experience as an athlete, which makes her advice super helpful for everyone. As our official Gymnastics Beat Ambassador, she shows how you can keep evolving as an athlete throughout your life while still having a blast.

Their example reminds us all that gymnastics is for everyone, no matter your age, with the right approach and support. Whether you're just starting out or coming back after many years away, our Adult Open Gym welcomes you to experience the joy of movement in a friendly environment. Come join us and get inspired by folks like Sam and Jeannie who prove that with some practice and determination, you can do amazing things at any stage of life!

Stay tuned for next month's newsletter where we'll feature a special spotlight on Jeannie's impressive championship bodybuilding career with photos and stories from her competitive days!

• Local Childcare Option: FriendShip ChildCare

We're excited to highlight FriendShip ChildCare, owned by our own gym member Chavilah (Hava) Carter! This licensed small family childcare home is located in the Ashlan/Cornelia neighborhood and offers a wonderful solution for families needing overnight childcare.

FriendShip ChildCare provides night care from 6PM-6AM, Sunday through Thursday nights. They currently have openings for infants (ages 0-2), toddlers (ages 2-5), and school-age children (ages 6 and older).

What makes FriendShip ChildCare special is their unwavering commitment to creating a nurturing environment where children feel safe, secure, and comfortable during overnight hours. The thoughtfully designed facility features engaging activities and a warm home-like atmosphere that helps children adjust to being away from home during nighttime hours.

If you're looking for quality childcare in a warm, friendly environment, reach out to Hava directly for more information or to schedule a visit. As part of our extended gymnastics family, we're confident in Hava's dedication to providing excellent care for children in our community.

From comfortable sleeping spaces to creative activity tables, FriendShip ChildCare provides everything children need in a warm, welcoming environment.

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