

NEWSLETTER



Mark Your Calendar

Upcoming Events at Gym Beat!

As we welcome the crisp and colorful days of fall, we are thrilled to invite you to embrace the season with our exciting lineup of events! Join us for an unforgettable month of fun and fitness!

First up, our **Liddell School Event** on Friday, October 27th, from 5-8 at Liddell School, offers a fantastic opportunity to showcase your gymnastics skills to friends and teachers. Don't miss our live demonstration from 6:00-6:30 and be sure to swing by our booth during the carnival for an evening filled with excitement.

Following that, get ready for a turkey-tastic time at our **Turkey Camp, Monday to Wednesday, November 20-22**. Packed with gymnastics, games, arts and crafts, and more, it's the perfect way for kids aged 3 and up to have a blast during the break. Choose from half-day or full-day options, with early and late drop-offs available for your convenience. Secure your spot by signing up on our website or calling the front desk.

And that's not all! Join us for a day of fun at our **Veterans Day Camp** on Friday, November 10. Similar to our Turkey Camp, it offers half-day and full-day options filled with gymnastics, games, arts and crafts. Kids aged 3 and up are welcome, with early and late drop-offs available. Register on our website or call the front desk to ensure a spot for your child. Let's make this fall season one to remember with Gymnastics Beat!

Calisthenics Coming Soon

Sam's Corner

Every so often, someone comes up with an excellent idea for the gym, and we'll try our best to see it through! Lately, our adult program on Monday nights continues to grow, with people from all walks of life joining in each time.

Exciting news on the horizon: Get ready for the launch of a calisthenics program to complement and enhance our adult class! This unique training, akin to the intense regimes of gymnasts and cheerleaders, may be offered on the same night or a different day and time. The appeal doesn't stop there; we're considering extending calisthenics training to our recreational program, recognizing that kids love to be challenged and set personal goals. Stay tuned for more information and updates on this thrilling addition to our offerings. In the meantime, we encourage you to keep those fantastic ideas coming! Your input continues to shape our dynamic and ever-evolving gym community.



Important Notice

Gym Closure

In celebration of Halloween, we want to inform our members that we'll be closed on October 31st. Please take note of this closure and take this time to enjoy the holiday with loved ones. We'll be back with our regular schedule on the following day, Have a spooktacular Halloween!

Staff of The Month: Justin

Meet Justin, our standout Staff of the Month! A fantastic coach and math teacher, Justin excels in guiding students in various subjects, including parkour. With a natural ability to engage and connect with each child daily, he inspires them to strive for their best. Recently becoming a proud family guy with a newborn, Justin embodies dedication both in and out of the classroom. Cheers to Justin for his exceptional impact on students and colleagues alike!





Before Grooming



After Grooming

Sam's Bark Lounge Experience From Ruff to Fluff 🐾🐾

Sam and Trapper recently visited The Bark Lounge, one of our valued sponsors in the pet grooming industry. Following our feature on their two-year anniversary celebration in our last newsletter, Sam decided to experience their exceptional service firsthand. The skilled team at The Bark Lounge worked their magic, leaving Sam's dog with a fresh look and a joyful spirit.

This month, we will be sharing a heartwarming photo of Sam and his happy pup to highlight this fantastic partnership with our sponsor. Stay tuned for their heartwarming story in our upcoming newsletter! We're excited to showcase how businesses like The Bark Lounge contribute not only to our pets' well-being but also to the strong sense of community that we aim to foster among our readers.

Thank You The Bark Lounge

Address: 293 Academy Ave,
Sanger, CA, United States
Email: thebarklounge@yahoo.com
Phone: (559) 875-5877

The Bark Lounge offers top-quality pet grooming services. Contact them at the provided email or phone number to schedule an appointment for your furry friend.

Elevate Your Journey

Sydney Weakley Scholarship

The Sydney Weakley Scholarship Program is an opportunity for athletes to pursue excellence in our beloved sport. Established in honor of our former employee and gymnast, Sydney Weakley, who tragically lost her life in a car accident on January 1, 2017, this scholarship is a testament to her passion and dedication to gymnastics.

We invite you to apply for the Scholarship by completing the application form and submitting the required materials. The selected recipient will be awarded a \$500 scholarship to support their journey in gymnastics.

Your application is not just a form; it's a chance to carry forward Sydney's legacy and contribute to the vibrant spirit of Gymnastics Beat. For application forms or any questions, please reach out to our front desk staff. We encourage all eligible candidates to seize this opportunity, share their stories, and let their dedication shine.

Raffle for Cheers

PA Fundraising Event



Join us for the Pyramid Athletics Fall Showcase — a fundraising event by our cheer program. Your support is vital, and we're offering a chance to win great prizes with a \$20 raffle ticket. Prizes include \$500 for the 1st prize, \$250 for the 2nd prize, and \$150 for the 3rd prize. Purchase your tickets by November 10th for the raffle on Sunday, November 12, 2023, at 7:00 pm.

To participate, visit the front desk or contact Claudia for more details. Your generosity directly supports our cheer program. Let's make the Pyramid Athletics Fall Showcase a memorable success together.