



January 2024



BLAZE
GYMNASTICS

NEWS & EVENTS



Happy New Year!! We hope everyone enjoyed the holiday week. Check out our new classes, FAMILY YOGA and CHEER SKILLS. Kick off your New Year's resolutions with FAMILY YOGA, a parent-child class for children 5 years and under. Or get flying in our new cheer skills class for ages 6 and up.



ANNOUNCEMENTS

Family Yoga

Start the New Year off with our new Family Yoga Class. Share with your child the practice of mindfulness, stretching and self-care while improving mobility, relieving stress and having fun together. For ages 5 and under with an adult. Tuesdays 12-12:45pm. See the Front Desk for details.

Cheer Skills

An exciting new class focused on cheer skills for ages 6 and up. This class will primarily focus on flying, jumps and flexibility. We will also spend some time on tumbling and conditioning.

NEWS & REMINDERS

Pickup Safety

The parking lot can be very busy during pick up/drop off. For the safety of the children, please do not block the cross walk or stop sign and be cautious when driving through the crosswalk.

WE ARE NUT & PEANUT FREE

We are a Nut & Peanut Free Facility. Please do not bring nut/peanut food or candy into the gym.

Video and Photo Policy

Families are welcome to take photos and videos of their children during practice. Please do not take photos/videos of other's children out of respect for the privacy of all children in class.

UPCOMING

New Classes

Two new classes starting this month! *Family Yoga* on Tuesdays at 12 and *Cheer Skills* Saturday at 12:30. Enroll now!

Unstructured Playtime

We are offering Unstructured Playtime on Wednesday's at the Launchpad from 11:30-12:30. This is an open play class for ages 6 months - 6 years. \$15/class for registered students. \$20/class for unregistered students.

IMPORTANT DATES

January

- 1/1 - Gym Closed

HAPPY NEW YEAR!

February

- 2/14 - Valentines Day

Happy New Year

The only one who can tell you 'you can't win' is you and you don't have to listen. ~ Jessica Ennis-Hill