



# May Newsletter 2022



## FGA Team Athletes of the Month for Team Work

### Group A+B: Sabina

“Bina” is definitely a “lead by example” type of kid. On top of being vocally encouraging, she also demonstrates what it means to work for what she wants to achieve.



**Groups C+D:** You will hear **Kenna** encouraging her teammates from across the gym. She is always a big supporter during her practices.



**Groups E+F: Megan** is a driven athlete. She shows up to her practices ready to work hard and help her coaches/ teammates in any way she can.



**Groups G+H: Ava Henning** is new to team this year. She is a great listener and is always ready for direction and new challenge. She is also constantly uplifting and encouraging her teammates.

## Gymnastics and Ninja Summer Camps!!

FGA Summer Camps are a great way to keep your kids active in the summertime in the wonderful sport of gymnastics! We offer camps for both Beginner and Intermediate/ Advanced level gymnasts and ninjas.

Don't Delay! Sign up for summer gymnastics and ninja fun! Space is limited.

**Registration Opens:** Tuesday, April 19th

**Price:** \$155/week

**Ages:** 5 – 13 years

**Days/Times:** Monday – Thursday  
9am - 12pm

### **\*\*Early Bird Registration\*\***

Register 2 weeks prior to camp start date

for a discount. \$140/week!!!

**FGA Summer Camp Sessions**  
Monday – Thursday 9am - 12pm

### **Beginner Gymnastics + Extreme Ninja Camps**

- June 20<sup>th</sup>-23<sup>rd</sup>: SuperHero Camp
- July 5<sup>th</sup>-8<sup>th</sup>: Stars, Stripes, and Smiles Camp
- July 11<sup>th</sup>-14<sup>th</sup>: Space Camp
- July 18<sup>th</sup>-21<sup>st</sup>: Christmas in July
- August 1<sup>st</sup>-4<sup>th</sup>: Warrior + Princess Camp
- August 8<sup>th</sup>-11<sup>th</sup>: Adventure Race Camp
- August 15<sup>th</sup>-18<sup>th</sup>: Hawaiian Hullabaloo Camp

### **Intermediate/ Advanced Gymnastics + Extreme Ninja Camps**

- June 27<sup>th</sup>-30<sup>th</sup>: Montana Camp
- July 25<sup>th</sup>-28<sup>th</sup>: Tie Dye Camp
- August 8<sup>th</sup>-11<sup>th</sup>: Adventure Race Camp

Call (406)752-4000 or go online @ [flatheadgymnastics.com](http://flatheadgymnastics.com) to register!

## Shape/ Skill of the Month: May Muscles

*“May the strength be with you”*

# FGA Extreme Ninja Program

Extreme Gymnastics? What is that?

Although the name suggests that this class is just an “Uber-Caffeinated” gymnastics class, Extreme Gymnastics could be better described as a class on the art and discipline of movement. Combining certain elements of free-running, martial arts, gymnastics, rock climbing, break dancing, and parkour, the purpose of this class is to prepare students both physically and mentally for the obstacles and challenges that life presents them with.

The main difference between Extreme Ninja Gymnastics and the traditional gymnastics class is that our Extreme program focuses on taking the way your body moves instinctively and refining it into cleaner, safer, more effective and more efficient ways to move through your environment (parkour, climbing, and safe falling techniques from martial arts).

We often use obstacle courses and time trials to practice linking these techniques in new, fun ways! Then, once enough body awareness has been built up, we begin to add more stylish or flashy elements (gymnastics, tricking, martial arts, and freerunning). At this point, we allow students to be more creative and personalized in the way they move.

Extreme Ninja gymnastics teaches goal setting and students are encouraged to set goals for themselves, and each one spends time in class toward his/her chosen specialties instead of working towards requirements set for them by others, leading to a very independent and self-driven mentality. Self-improvement is always a priority. We want all students to leave this class loving the feeling of personal growth and looking for new ways to achieve it within their training as well as other aspects of their lives.



**Employee of the Month: Coach Anastazia** for her consistent and kind nature throughout all of her classes, and the many compliments from gym parents on how kind and genuine she is with her students! She also has just started a new role in the gym: coaching our Team Athletes! Good work, Coach Anastazia! Thank you for all you do!



## MAY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Start of May Session	3	4 Star Wars Day!	5 Western National Championships Salt Lake City, UT	6	7
8 Mother's Day	9	10	11	12	13	14
15	16	17	18	19	20 June Tuition Due	21
22	23	24	25	26	27	28
29	30 FGA Closed this week for all classes, practices, and Open Gyms	31	1	2	4	5



# **FGA 's Spring Showcase 2022**

FGA will be holding a Spring Showcase for all of our Beginner, Intermediate and Advanced classes both Gymnastics and Extreme Ninja. Your Kiddos will be working on their Showcase circuit throughout the month of May, and they will be performing them during the last week of the session, May 23<sup>rd</sup>- 28<sup>th</sup>. The Showcase will take place during their normal class time. We will be sending out an email with more information on this. Be on the lookout!

Ahhhhhh FGA!!