



May Newsletter 2021



FGA Team Athletes of the Month for Team Work

Optional lvl 6-9:

Josie Baines (training 7-8)

You will hear Josie encouraging her teammates from across the gym. She is always a big supporter during her practices.

Compulsory lvl 2-5:

Gigi Tweedy (training 5-6)

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

Xcel Silver-Platinum:

Hazel Grace Zlogar (Silver)

It is Hazel's first season on team, and she has been quick to show her enthusiasm. She is always the first one ready to help move mats or learn new skills.

Xcel Bronze:

Audi Smethurst. Audi is also just joining team this year. She is a great listener and is constantly ready for direction and new challenge.

★★★ 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: Monday, May 3rd

Price: \$150/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. \$135/week!!!

Summer Camp Sessions
Monday – Thursday 9am - 12pm

Beginner Gymnastics & Extreme Ninja Beginner Camp

- July 12 – 15
- July 26 – 29
- August 2 – 5
- August 16 – 19

Intermediate/Advanced Gymnastics & Extreme Intermediate/Advanced Camp

- July 19 – 22
- August 9 - 12

Register online or call our Front Desk!
(406)752-4000

Employee of the Month: Coach

Greer for her consistent and kind nature throughout all of her classes, and the numerous compliments from gym parents on how kind and genuine she is with her students! Good work, Coach Greer! Thank you for all you do!



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.

MAY 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------|-------------------------------------------|-------------------------|-----------|---------------------------|------------------------------------------|--------------------------------------------|
| | | | | | | 1 MAY DAY Woodland Park Clean Up |
| 2 | 3 Start of May Sess. | 4 Star Wars Day!! | 5 | 6 | 7 No team practice groups A,B,C | 8 Western Nationals Coralville IA |
| 9 Mother's Day | 10 No team practice groups A,B,C | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 June Tuition Due | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 End of May Sess. |
| 30 | 31 Memorial Day Gym Closed | | | | | |