

G Y M S T R E E T U S A

NEWSLETTER

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Charlie, Kimberly, Devin and Danielle Souza, along with the coaches and staff at **GymStreet USA**, would like to welcome back all our current members and look forward to making all of our new members feel like part of the GymStreet USA family. We are excited to start our 9th year of family fun and fitness.

At the beginning of each Session **GymStreet USA** will provide the parents with an information sheet full of valuable information regarding that session!

The Session dates for the 2016-2017 year are as follows

SESSION ONE	September 9	to	November 10, 2016
SESSION TWO	November 11	to	January 28, 2017
SESSION THREE	January 30	to	April 8, 2017
SESSION FOUR	April 10	to	June 16, 2017

GYMNASTICS

We would like to remind our members that gymnastics is learned through muscle memory; the constant repetition of the basic skills such as handstands is a crucial part of the sport.

Perfection before Progression!

During each class the coach will focus on a *"skill of the week"* for each apparatus. Stations are set up so there is minimal down time; we want to make sure your children are occupied during the entire class.

In order for your child to not miss anything fun during class please have them use the restroom prior to the start of class.

HOLIDAYS

Columbus Day Monday, October 10, 2016

All Classes Will Be Held

Thanksgiving Break

NO Classes November 24-26, 2016

Red Carpet Meet

NO Classes – Dec 9 & 10

Winter Break

NO Classes Dec 26 -Jan 4, 2017

February Vacation Week

NO Classes Feb 20-25, 2017

April Vacation Week

NO Classes April 17-21, 2017

Memorial Day – May 29th

NO Classes - Rescheduled to June 19th

TAEKWONDO

DragonHeart Taekwondo is taught by Master Hung, a 5th degree black belt! He has been practicing Taekwondo for 16 years and instructing for 10 years!

FREE Gi upon
Registration.
Ages 4 to Adult



COMPETITIVE TEAM

The competitive team is growing fast, if your child is interested in team email Charlie for an evaluation at csouza@gymstreetusa.com.

There are multiple levels of Team for **Boys & Girls** for ages 5 up. We offer Junior Olympic and Xcel Levels.

ADULT FITNESS

GymStreet offers a variety of different fitness classes to get you up and moving. Why not do something for yourself while your child is in class?

For the complete schedule, class description and payment options go to gymstreetusa.com

Walk-in's are welcome \$10

OPEN TUMBLE

Open Tumble is a walk-in instructional class. This class is a great opportunity to work new floor skills and perfect old ones – AGES 7 & Up

Saturday's 12:00-1:30pm

\$30 per Student

FITNESS ROOM

We have a great fitness room available to you while your child is in class equipped with treadmills, weights, elliptical, thigh machine, and universal machine. \$5 per use or \$35 for the 9 week session.

MOVIE NIGHT

5:30-9:00pm

Movie Night is a fun filled night for kids ages 4-12 here at GymStreet. Your child will enjoy 3 1/2 hours of gym games, inflatable time, and of course, a movie! Pizza, Drink, and Popcorn are provided. Advanced registration is required

Sept 23rd, 2016

Oct 21st, 2016

Nov 18th, 2016



Members pay \$25.00

Siblings pay \$20.00

Non Members pay \$30.00

Visit our website or Information Island for movie titles.

Registrations the day of movie night add a \$10 fee per child.

VACATION DAY PROGRAM

Our Summer vacation day program was a great success. The kids had so much fun, with new theme days and activities to keep them entertained all day.

We offer our day programs throughout the year during school vacation weeks!

Winter Break December 26 –30

February Vacation Week February 20-24

April Vacation Week April 17-21

- Half, Full or Extended day available
- 7:30am-5:30pm, you choose your hours
- Hot lunch and snack options available
- Ages 4 to 11

Activities include Bounce house, gymnastic class, crafts, parachute, foam pit, tumble trak, obstacle course, games, dance party, Taekwondo Tuesday, sport games and much more.

Members receive 10% discount (deadline dates apply)

BIRTHDAY PARTIES

School is back and so are the busy schedules. So if you're planning a birthday party, why not let us take care of it... **GymStreet** style.

Each birthday party includes the following:

- ★ GymStreet party supervisor
- ★ Private party room
- ★ Viewing area for parents
- ★ Printable invitations with waiver
- ★ Plates, cups, napkins, utensils
- ★ GymStreet t-shirt for the birthday child

We take care of all the setup, serving, and clean-up
All you need to bring is the cake, drinks, and guests,
We'll do the rest!

Hurry and book your birthday party now! Remember current members of **GymStreet USA** receive a 10% discount off the price of the party.

OPEN PLAY

Is an opportunity for your child to slide, jump, roll, climb, and play in our supervised bounce house and gym area.

Gym/Inflatable Combo is offered

Mondays 11:00am-12:30pm

Wednesdays 1:30pm-3:00pm



School Vacation Days School Holiday Day hours are 11am-12:30pm, see our website for a complete list of days.

Members \$12 Non Members \$15

Elevation Aerial & Circus Art Classes!

Check out Miss Gina's schedule on-line or at the Front Desk she's added some new exciting classes for Kids and Adults beginners to advanced!

Miss Gina will be performing with Boston Lyric Opera in Carmen as an aerialist/stunt performer/actress till September 23rd at the Boston Opera House!

Do not miss your opportunity to train with Miss Gina at GymStreetUSA this year. The Circus program ends with a circus show recital opportunity for all students in the spring.

Leotard Consignment Program

Don't know what to do with your old leotards? Let Gymstreet help you out! Just bring in your old leotards and we will handle the rest. For more details ask for **Tammy** at the café

Mon-Fri 9:00am-1:00pm or Sat 9:00-12:00.

Additional Information

Information Island: Find out about **GymStreet USA** and the programs we have to offer, as well as any special events.

Schedules: Class Schedules are located to the left of the front desk area just outside the martial arts room or visit us online at www.gymstreetusa.com