

# NATIONAL ELITE GYMNASTICS

February | 2018 | Newsletter

## Mother's Morning Out

If you are looking for a fun filled program for your preschooler, our Mother's Morning Out is the place. Your 3-5 year old child can explore gymnastics, recreational games, art, story time, academics and indoor/outdoor play. **Wednesday and Fridays are available from 9:00 a.m. - 1:30 p.m.**

## Birthday Parties

Birthday Parties at NEG are available Saturday & Sunday afternoons for ages 4 - 18 years old. Children enjoy trampolines, rock wall, foam pit, and much more! Remember to ask about our Ninja Warrior Birthday Parties! Please call or visit our website to find out more information.

## Friday Night Open Gym

Friday night Open Gym nights are supervised by our qualified gymnastics coaches! Friday nights from 7:00 - 9:00 p.m. for ages 5 - 18 years old. The cost is \$9 for members and \$12 for non-members. Sign your child up at the gym and enjoy a date night at surrounding restaurants! It's a win-win FUN Friday!

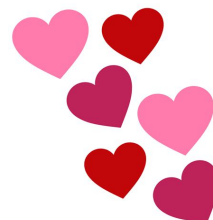
## SPRING BREAK CAMP

**March 12th - March 16th**

**Ages: 5 - 12 years old**

Drop off as early as 7:30 a.m. and Pick up by 6:30 p.m.

Children will take a field trip each day. The daily activities include recreational games, gymnastics, arts & crafts, outdoor play and open gym. Details are on our website. Please visit the front desk to sign your child up!



## YOGA CLASSES

**SIGN YOUR CHILD UP NOW FOR A FREE TRIAL CLASS!**

**Mondays 5:30 - 6:25 p.m. Upstairs**

**Ages: 7 - 18 years old**

This class will be yoga based, with the incorporation of gymnastics stretches and core exercises. This class will help build strength, balance, and flexibility while maintaining a fun and calm environment for students to learn.

## PRE-SCHOOL SUMMER CAMP

**Sign your child up for Summer Camp!**

**Ages: 3 - 5 years old**

The daily activities include recreational games, story time, gymnastics, arts & crafts, academics, and outdoor play. We provide a morning snack and you will need to bring your child's lunch. All children must be fully potty trained.

Details are on our website. You may sign up at the front desk.

