



# REC. GYMNASTICS NEWSLETTER



## GYMNASTS KICK IT OFF STRONG AFTER SUMMER VACATION!

With summer coming to an end and fall taking place many gymnasts are back in the gym working hard! September was a great month to see improvements amongst each gymnast at Gym-Nation.

## CONGRATULATIONS TO GYM-NATIONS GYMNAST OF THE MONTH!

**EVYN MATTSO**



Evyn is a gymnast who regularly attends class, works hard, and makes corrections when given. She's a great classmate and always has a welcoming and friendly smile on her face. Congrats Evyn!!



## KARATE UPDATE FROM GYM-NATION

Taking place on the 28<sup>th</sup> of October is the Shotokan Karate of Lakeville tournament. This takes place in Lakeville, MN with the tournament starting at 10:00am. Gym-Nation wishes the best to all the karate goers in the tournament!



## GYMNASTICS WORD SCRAMBLE! CAN YOU GET THEM ALL?

1. SATNDANH
2. WRCEEHTL
3. VRELEE
4. RNGHNDPSA
5. DEGIL

*ANSWERS WILL BE REVEALED IN NOVEMBERS NEWSLETTER. STAY TUNED!*



## IMPORTANT FUTURE DATES!

**October 28-** Karate Tournament

**October 31-** Halloween

**November 21-26-** Gym-Nation closed for Thanksgiving Break.

**November 23-** Thanksgiving

**December 24-Jan 1-** Gym-Nation closed for Christmas Break.

**June 2-** Rec. Gymnastics Spring Fling Show- theme: HOLLYWOOD!!



**Gym-Nation will be closed on Halloween, Tuesday October 31<sup>st</sup>!**

**Heather Gerhardson  
Recreational Program  
Director**