

# Newsletter November 2024



## Mark your calendars

- November 2-Team Bonding
- November 9- Preteam and Team pictures
- November 16- Brain Based movement class 2-315
- November 22- Open gym 7-830
- November 28-30- CLOSED for Thanksgiving break
- December 7th- CLOSED for regular morning classes for Annual Team MOCK MEET



## Movement Feeds The Brain

There are so many benefits we get from doing gymnastics. Movement is important to feed the brain to help it move through the proper trajectory of development! Gymnastics helps in developing strength and coordination as well as improving flexibility. We are working to develop self-confidence and improving self-esteem! Gymnastics sets a great foundation for other sports in the future as well. We work hard in gymnastics, but we also HAVE FUN!!



## THANK YOU!

\*Thank you for being a part of our gym! We are grateful to our families and staff!

\*Fall is flying by and as the weather turns, please be on the lookout at our FACEBOOK or Instagram pages for any unexpected closures.

\*Please join us for our Brain Based movement class where we do fun exercises and encourage different body movements. If you want to learn more about seeing behaviors through a new lens as well as learn about what we do in the brain based movement classes, please check out the Brain Blossom program!

# November Newsletter 2024



**RATHDRUM DENTAL**  
JEFFREY L. OSWELL, D.M.D.  
*General & Implant Dentistry*

# Drainz it™

## MIKE WHITE



### Thank you Sponsors!

We are so grateful to the businesses that have become sponsors. A HUGE THANK YOU to Rathdrum Dental, Robertson CNC, Drainzit, and Ferguson Concrete for their investment into our gymnasts.

We are truly thankful to these businesses and the owners for their generosity!

Make sure you support their businesses if you can!



HAPPY THANKSGIVING!

GEMS ATHLETIC CENTER will be CLOSED November 28-30 to celebrate THANKSGIVING for ALL team, preschool, pre team, and recreational classes.

\*\* Next OPEN GYM is Friday, November 22nd from 7-830. Ages 5-12 and the cost is \$10 per child.

\*\*\* Tuition is DUE by the 10th of each month. If not then a \$10 late fee is added to your account.

### RAFFLE BASKETS AND MOCK MEET

Please join us in helping us to raise funds for our team gymnasts with our raffle baskets. Our mock meet will be on December 7th and we will have tickets for sale at the gym for our raffle baskets. These will be drawn at the meet and you do not need to be present to win. Please check them out and then purchase tickets at the front desk. Friends and family can also purchase tickets! Thank you for your support!!

