



Volume 1 - Issue 1

"Back to School means Back to Gymnastics and Ninja!"



Fall Classes have begun and classes are filling quickly! Sign up online today! Don't get closed out!

Visit us at GMGC.com



Open Gym is Back!

Ages 6+

Saturdays @ 8:30AM

Ask your office for details!



End of Summer Pro Shop Sale!

Select items are now up to 50% off!

Don't miss out on HUGE savings! Great for Back to School!

Upcoming Events

Click [HERE](#) to Sign Up!

September 30 & October 1
Disney Themed Mini Camp
9:30AM-12:30PM



October 9
Emoji Theme Mini Camp
9:30AM-12:30PM



October 14
Ninja Zone Mini Camp
9:30AM-12:30PM



October 19
Halloween Spooktacular
5:30PM-8:30PM



Gold Medal Gymnastics Garden City
1100 Stewart Ave
Garden City, NY 11530
516.357.3636

Gold Medal Gazette

September 2019

WELCOME BACK

to all of our
Gymnasts and Ninjas!

We hope everyone enjoyed their Summer and are excited for a great year at Gold Medal Gymnastics!

Happenings at GMGC...

New Baby Ninja Class!

This parent and tot class is the perfect way to get your little one moving, while having fun in an organized yet playful environment! Baby Ninjas is the first step in creating confidence in young children while achieving such goals as: listening skills, fundamental movement, coordination, fine and gross motor skill development, body awareness, and our very own Ninja Zone character-building component.

Contact our Front Desk today for more info!



Healthy Sports Snacks for Kids...

When it comes to kids' sports and nutrition, pre workout snacks should be healthy and low on sugar. Kids should be eating whole foods that help their bodies hydrate and refuel rather than sweets that give them a sugar high followed by a crash and burn. There are plenty of healthy, natural snacks that are just as satisfying as the sugar filled ones.

Here's a list of some great snack choices: 1. Fresh Fruit: watermelon, grapes, oranges, bananas, applesauce squeezers, and raisin boxes. 2. Fresh Veggies: baby carrots, snap peas, cucumbers, celery, broccoli, and radishes. 3. Crackers and grains: mini bagels, popcorn, pretzels, Trail mixes, and protein bars such as Kids RX Bars, Lara Bars, and Kind Bars are all great choices. 4. Dairy snacks such as flavored yogurt, yogurt squeezes, and string cheese.



Ninja Games- Summer 2019 Highlights!

GMGC hosted our 1st Ninja Games this Summer-and it was AWESOME! We had 40 participants from all of our different locations! Each of our programs: Lil' Ninjas and Ninja Training- were broken up into age groups to compete! An obstacle course was set up including our NEW Ninja Rigs, Ninja mats and Warp Wall! Look for our next Ninja Games coming this school year! Congrats to our Winners!

Winners:

Ninja Ages 6-7: Alec Gehrlich- Levittown
Ninja Ages 8-9: Lil Radigan- Levittown
Ninja Ages 10-11: Katelyn Paulich- Levittown



Thank you to
Regional Ninja Director,
Ms Erika!

Meet our Managers...

Have a Question?
We are here to help!



Facility Manager
Ms Michelle

Office Manager
Miss Emily

