



# FALL NEWSLETTER

VOLUME 1: FALL 2024

## HIGHLIGHTS

Phew! From sold out summer camps to emptying the pit and getting 10,000 new foam blocks, we have a lot to catch up on!

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## GYMNAST SPOTLIGHT

We want to give your gymnast a shoutout! If you'd like your gymnast (or gymnasts!) to be included in the next newsletter and given a shoutout on our Facebook + Instagram account, please email a picture and your gymnast's favorite part of class or practice, goals for their gymnastics and a fun fact about them they want to share! Email [kelsi.stoffer@laketowngym.org](mailto:kelsi.stoffer@laketowngym.org)

## SPONSORSHIP SPOTLIGHT

As we strive to expand our programs and facilities, we are seeking partners who share our passion for empowering young athletes and promoting healthy lifestyles. Your business could get a shoutout on our Newsletter, which goes to over 8000 local families + your logo on our website, linked directly to your very own website! Email Kelsi for more information!

CLICK HERE TO LEARN MORE!





# NEW! NO SCHOOL DAY CAMPS!

No School Day Camps are NEW and packed with FUN! Full and half day options available, these camps are for ALL kids ages 5 to 12 - there will be a little gymnastics, a little parkour and ninja, some crafts and TONS of activities and games!  
A perfect way to spend a No School Day!

Visit [www.laketowngym.org/summercamps](http://www.laketowngym.org/summercamps) for more information  
(or click any of the camp pictures below!)



Thursday + Fridays  
11:15am - 12:15pm  
\$8 per child  
For ages 1 - 5

Whether you're a seasoned gymnast, or just looking to have some fun, our Open Gym welcomes all skill levels to come and explore our gym!

Pre-registration is strongly suggested as both events frequently sell out, especially during the winter!

Pre-registering is the only way to guarantee you will have a spot! **Ages are strictly followed for both.** You can sign up anytime in the Parent Portal!



Select Saturdays  
6:30pm - 8:30pm  
\$20 per participant  
For ages 6 + up

Rules are strictly enforced

Parent or guardian MUST be present!

## UPCOMING EVENTS

- 11.23-24 Bear-Boo Meet (Season 1)
- 11.25-27 No School Day Camp - Thanksgiving Camp
- 11.28-30 Laketown CLOSED!
- 12.7-8 Peppermint Twist Meet (ALL Teams!)
- 12.8 Cookies with Santa
- 12.13-15 Season 1 State Meet
- 12.23-1.1 NO REC CLASSES
- 12.23 No School Day Camp - Winter Camp
- 12.26-27 No School Day Camp - Winter Camp
- 12.28 No School Day Camp - Winter Camp
- 1.2 Rec Classes Resume
- 1.2-3 No School Day Camp - Winter Camp

SCAN TO LEARN MORE!



# Cookies with Santa

DECEMBER 8TH 1PM - 4:30

Pictures are from Pinterest, acting as our inspiration for this year's event! It's going to be magical!

Step into a world of pure holiday wonder! This year, we've brought even more magic to every corner of our event, creating a truly unforgettable experience for families.

Your journey will begin at Laketown's own enchanting Christmas Tree Farm, where you will then follow the path of twinkling lights that will lead you to our new, life-sized, immersive holiday scenes throughout our gym. You'll visit Whoville, the Polar Express Train Station, Frozen's Arendale and a stop at a magical Gingerbread House - all of which lead you through Candy Cane Lane right to Santa's Village! You'll receive a number, which will act as your holding place in line, without having to wait in line for Santa!

While you wait, enjoy festive crafts and games designed to keep clothes clean and spirits high. Children can write letters to Santa and post them in his special mailbox, knowing their wishes will be on their way to the North Pole. Santa himself will even write back!



**For more information, scan the QR code or visit our website. Pre-registration is required (so we can get enough cookies!).**



## COACH'S CORNER

Gymnastics is not only essential for large motor development, but there are TON of benefits for body awareness, self-confidence, discipline, focus, and social skills!

Not only do we LOVE seeing athletes of all ages and abilities learn new skills, one of our favorite things to watch is the perseverance and their class or team cheering them on when they get close, or even when they get frustrated (which usually happens right before they get the new skill!). Creating a fun and positive atmosphere for that growth is something we focus a lot on.

Thank you to our families who trust us to empower their children!

## TRAINING TIPS

Training tips right from our coaches!

### BRIDGE KICK-OVER GYMNASTS IN BEGINNER B NEED THIS TO MOVE INTO INTERMEDIATE A!

Ask a parent to be your spot! Your spot should have a hand on your back and use their other hand to help guide your lead leg up and over. Repetition is key! All of your weight should be pushed into your hands as you go through the movement. You can have your feet on mats, cushions or even the couch to start getting the movement down. Keep taking away a mat or cushion, or move to something lower until you can do it off the ground! Make sure to keep your head tucked in!

### PULL-OVER GYMNASTS IN BEGINNER B NEED THIS TO MOVE INTO INTERMEDIATE B!

It's all about strength and the right shape! Work on your arm muscles - the stronger you are the easier this will be! You want to be in "hollow" position - a great way to practice this at home is to take a broom stick, piece of PVC, any kind of bar-like item that you can put both hands on, shoulder width apart. Lay flat on your back with both hands on the pole, above your head and lift your feet up and over the pole! This will help strengthen core muscles & correct body shape!

# LAKETOWN NEWS

We had an incredible summer, full of new and exciting changes around the gym! Not only did every single one of our New Summer Camps sell out, we finished out summer with an amazing August. We were able to completely redo our foam pit with 10,000 new covered blocks and got some major cleaning and organizing done around the gym. September was just as spectacular - we rolled out brand new lesson plans with a refreshed skill tree and put in 9 new HVAC units so we can take advantage of much better efficiency while keeping the gym at a comfortable and more consistent temp for all!

To end 2024 with a bang, we will be tearing down the walls that separates what is currently our Parkour + training vault space. This will allow us to open up the gym space, with much better visibility. With that change, we will be moving Preschool back to their own dedicated space in the "Dance Room" and moving the comp beams back to the main gym. Parkour will be getting a refreshed look and different layout, to better support their needs in the building as well! Slowly but surely we will start to get everything painted, and things will really start to take shape.

Being voted #1 Gymnastics Classes in Carver County is an honor we don't take lightly. As we continue to look at the future, one thing is clear - our passion for this community remains strong. On behalf of everyone at Laketown Gymnastics, we thank everyone who continues to support our community. We couldn't be happier to be here!



## FUNDRAISERS

**BOTH COUPONS AVAILABLE AT THE FRONT DESK CASH ONLY**

**NO EXPIRATION ALWAYS AVAILABLE**



**QDOBA CARDS AVAILABLE AT THE FRONT DESK!**

**9 QDOBA COUPONS FOR \$10!**



**Includes:**

- BOGO Entree x2
- BOGO 1/2 off
- \$25 off catering
- Free Kids Meal
- Free Chips + Queso
- \$2 off your meal
- \$20 Meal Deal
- Free Drink



**CAR WASH COUPONS NOW AVAILABLE!**

**\$10**

**FOR THE 'GRAPH-X4' WASH - A \$30 VALUE!**