



## ***JUNE 2018*** ***NEWSLETTER:***

HOURS: MON – FRI: 10am – 7PM  
closed for lunch 12:30PM-2:00PM  
SAT: 10AM – 3PM  
SUN: CLOSED

### ***Hello there!***

Our May was a month well-spent here at the gym! The last session ended on the 25th of May so we're getting ready for an awesome summer! Our next session began on May 27th! It's not too late to sign up and join in on the FUN! Summer camps spaces are still available! This is a great opportunity for learning gymnastic skills while having a memorable time with new friends. Camp includes about 5 hours of gymnastics instruction, arts and crafts, movie-time, and so much more! Lunch is NOT provided so please bring your kiddos a sack lunch, two healthy snacks, and a refillable water bottle. Keep reading to find out more!



**\*\*\*Be aware that we are still under construction! Please bring easy slip-on shoes for walking to the restrooms.\*\*\***

### **\*\*\*IMPORTANT\*\*\***

Last month was National Public Service day and we offered discounts to public service employees. However, not many people took advantage of the discount. The newsletter will always be filled with discounts and information on the upcoming events. Be sure to read through the entire newsletter to keep updated on everything going on here at the gym. There might even be a chance to earn a coupon for a treat!

**“Everything is about your movements and precision and timing, which is what gymnastics is about.”**

**-Shawn Johnson**

Call **(760) 446-0332**, or  
stop in at **1000 N.**  
**Norma St. Suite 8**, for  
more information.  
(behind  
Del Taco, across from  
Crossfit)

## ***SUMMER CAMPS!!!***

Summer is here and we have just the thing to beat the heat! We're holding a camp for kids who want to learn new gymnastics skills while meeting new friends! The camp includes about 5 hours of gymnastics instruction, arts and crafts, movie time, and fun times with our awesome staff! Don't miss out on all of the fun!!! Each week we will have a different theme!

- Week 1 June 4-8: Superhero
- Week 2 June 11-15: Disney
- Week 3 June 18-22: Safari themed
- Week 4 June 25-29: Neon
- Week 5 July 2-6 Stars and Stripes
- Week 6 July 9-13: Beach themed
- Week 7 July 16-19: Crazy week
- Week 8 July 23-27: Movie week
- Week 9 July 30- Aug 3: Sports week



Each day will be a different type of outfit so be sure to pick up a copy of the FULL list! Feel free to be as creative as possible. Please keep in mind that the kids will be exercising throughout the day. Have your kids stop by the office and tell Pam, a.k.a. 'Grandma', who their favorite coach is to receive a snack coupon for 1 dollar, 1 coupon per child, per month.

### ***Nation SMILE Month:***

June is National Smile Month and we're looking for the biggest and brightest smiles! Our goal is to have you leave with even more smiles. In doing so, we're offering a discount to Moms and Dads who work in the smile field! This offer applies for anyone working as a ENT, dentist, hygienist, orthodontist, dental assistant, etc. This offer is for 10% off any future classes.

## ***Coaches Spotlight:***

- **Jordan (Coach Jordan) Smith -**

Coach Jordan is a spectacular recreational instructor that strives off the success of her students. Jordan graduated from Burroughs High Schools, where she kept close with good friends and made lasting memories. She was a gymnast, where she learned all of the fundamentals of this awesome sport! While teaching her classes, Jordan has learned the fine line of coaching, respecting the children's point-of-view, and giving the necessary steps in order for them to progress in this sport. Coach Jordan can be seen hustling at the gym, whether it be instructing her kiddos or having a blast with the ***Summer Camps***. Come in and ask Jordan what her favorite event is!

- Check our website: <https://catsrc.com/>

- Follow us on

Instagram: <https://www.instagram.com/gymcatsrc/>

- Like us on

Facebook: <https://www.facebook.com/gymcatsrc/>

### ***Coach Kim's Korner:***

When we think of conditioning at the gym, the first name that is brought up is Coach Kim. She runs the conditioning program for CATS, setting up exercises for our older gymnasts. She is a certified personal trainer, a fitness nutrition specialist, CPT and FNS with the National Academy Sports Medicine. Coach Kim offers private conditioning, as well. You can follow her on Instagram @meandmyminibeasts to check out the progressions of your gymnast and the awesome conditioning that takes place here at the gym.

### ***Gymnast of the Month:***

Every month, each coach gets to pick a gymnast that's displays a terrific example of a GOLDEN student! This month our gymnast of the month is...

### ***Alyssa Docken!!!***

Coach Saralynn had this to say...

- "She is a really hard worker with a great attitude!"
- "Brought with corrections, she is quick to apply them!"
- "She is always willing to help and follow any directions given. "

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### *Happy Birthday from CATS!*

- Kiara Allen-Chora (6/3)
- Michael Dunmire (6/24)
- Adriana Loya (6/8)
- Vincent McCourt (6/20)
- Zaya Nelson (6/21)
- Nevaeh Nix (6/11)
- Evelyn Piatt (6/14)
- Atlas Shadden (6/20)

Thank you for being a part of the  
CATS family!

Check back next month for another  
newsletter!

### ***COUPON***

Bring-a-friend to class, if they sign up that day, you get a \$25 credit on your account for future use! Friend must sign up for at least half a session!

### ***COUPON***

Bring this to the gym and sign up for a free class! LIMIT 1 COUPON PER PROMOTION! NOT GOOD FOR OPEN GYM.