

G.NEWS

Gymnastics USA Newsletter

AUGUST 2026 | ISSUE 12 | VOL 08

Hello Gymnastics USA Families!

Summer is coming to an end and we're ready to get back to school at Gymnastics USA. The school year is a great time to set new goals and stay committed to your gymnastics training! Gymnastics USA offers free school pick up with our After School Program!

This year we are picking up from Keene's Elementary, Sun Ridge Elementary, Tildenville Elementary, Oakland Charter, Whispering Oaks, and Lake Whitney! The program offers care for students during the hours of 3pm – 6pm Monday – Friday, including a Gymnastics, tumbling, silks, or Ninja class each day!

Open Gym and Parent's Night Out Bashes start back up again this month! Don't forget, if you are a Silver Member Open Gym is included in your Membership and Gold Members receive both Open Gym and Parent's Night Out in your Membership!

Annual membership fees are due this month! Recall that to be enrolled in a Gymnastics USA program you must be an active member in good standing. The Annual membership fee is applied prior to your being eligible for class enrollment and must be renewed every August. There are three different membership tiers with different benefits for each, clients are defaulted into Silver but can opt into Bronze or Gold. You can review our membership options at: www.gymnasticsusa.us/pricing

Gymnastics Tip of the Month

Air Awareness

Air awareness is the ability to know where your body is while flipping through the air, and it develops through consistent practice, not by chance. Every safe repetition helps your brain and body better recognize height, rotation, and timing, allowing you to know when to open up for a landing and make adjustments. With quality coaching and proper equipment, experience builds the confidence and control needed to land safely and consistently.



Upcoming Events and Important Dates:

August 3rd - 7th: Week 10 of Summer Camp | Wild West Week

August 10th: Last day of Summer Camp!

August 11th: After School Pick Up Starts!

August 14th: Open Gym!

August 28th: Parent's Night Out!

August 24th: Tuition and Membership Fees Due

September 7th: Closed for Labor Day



Jackie Arthur

Gymnastics USA Co-Owner

**GYMNASTICS
USA!**



COACH DAVID'S GYMNAST OF THE MONTH: MEREDITH MCCOMBS

At just 3 years old Meredith has become a special part of the Gymnastics USA family. As a member of our Ribbon Club program, she brings endless joy, energy, and enthusiasm to every class. She also spent the entire Summer making memories with us at Camp G.USA. Her bright smile and sweet personality made every day even more fun. We are so proud to celebrate her this month!



-COACH DAVID

TEAM G.USA
COACH DAVID