



PREPARING TO UNPAUSE

Gymnastic Classes Resume January 4th

MASKS REQUIRED DURING CLASS

We were so excited to resume our pre-pause schedule on January 4th. Please note the following guidelines:

- **All students and coaches are required to wear masks during class. There will be times when athletes may remove their masks depending on skill and/or apparatus for safety reasons.**
- **We recommend no spectators, however one (1) spectator per athlete will be allowed.**
- **All spectators must follow the 6' social distancing guidelines and mandatory masks while in the gym.**
- **Absolutely, no congregating in the gym before and after classes / practices.**

Please have conversations with your athletes on the importance of following the guidelines, so they know what the expectations will be for them.

UPCOMING EVENTS



Martin Luther King Jr. Day
Classes on regular schedule

School Age Open Gym
 Session 1: 9:00am-12:00pm
 Session 2: 1:00pm-4:00pm

\$30 per session. FREE to those enrolled during the December pause and currently enrolled.



As school schedules change, so do our gymnastic classes. Please note that classes with low enrollment may be subject to cancellation. We will do our best to find a replacement class that fits your current schedule.

THANK YOU!

FREE PRESCHOOL AND ADULT OPEN GYMS

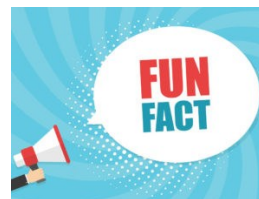
Every Wednesday in January for those enrolled through the December pause and currently enrolled.

MUST PRE-REGISTER ONLINE

NO WALK-INS ALLOWED

Preschool (w/parent) 9:30-11:30am

Adult (18+) 8:00-10:00pm



The leotard (or maillot as it was first known) was named after a 19th century French acrobat named Jules Léotard, who was renowned for pushing the boundaries of trapeze performance. In his quest to make his act more dramatic,

he designed a tight-fitting, one-piece garment intended to show off his physique while giving him unrestricted movement, and so the original style of leotard was born. However, Léotard's maillot design only came to be called a leotard many years after his death in 1870.

Monsieur Léotard's maillot design was initially intended to be worn by men.

Nowadays leotards have a universal appeal and are worn for many sports. This basic garment is now worn for ice skating, gymnastics, athletics, cycling, dance, acting and performance.

