



GYM AMERICA'S



NOVEMBER to DECEMBER 2025 NEWSLETTER

Welcome to our new school year program! We are excited that you have chosen Gym America! Here are some reminders:

- **Holidays - November to December** There will be no recreational classes over Thanksgiving weekend from 11/26-11/29. Classes will resume on Sunday, 11/30. There will also be no recreational classes from 12/21-1/3. Classes will resume on Sunday, 1/4. However, we will be holding open gym events, clinics and camps over winter break. As a reminder, we automatically deduct these closed dates from your tuition so there is no need for a make-up class.
- **School's Out Camps** - If you are looking for an engaging and active camp for your student to do when school is out, we will be holding school's out camps on 11/3, 11/4, 11/11, 11/26, 12/22, 12/23, 12/26, 12/29-12/31, and 1/2. School's out camps are \$85/day for 9am to 3pm and we have after care available until 6pm for \$10/hr.
- **Make-up Classes** - As a reminder, we offer one make up class per pay period. If your student will be missing a class, please let us know prior to the class.
- **Open Gym** - Open gym is a great time for students to get extra practice on the equipment. Open gym is supervised, but not instructed. We hold open gym events on school's out days from 3 to 4PM. Our next open gym events are on 10/20, 11/3, 11/4 and 11/26. You may register by going to our [events calendar](#) or by emailing us.
- **Here are some Reminders in order to have a great class:**
 - Please arrive on time to class. It is very important that your gymnast warms up properly so that they do not injure themselves. If your gymnast arrives after warm-ups are over they will **not** be able to participate in class.
 - Students should wear appropriate athletic clothing that doesn't contain zippers, snaps or buttons. Please do not have students wear clothing that exposes their midriff.
 - Ensure hair is up & not in their face.
 - Students should not wear any type of jewelry including Fitbits. Small earrings are allowed but should not go below their earlobe. Earrings can become hooked on objects or when a coach is spotting them & there is the potential for this to injure/rip their ear lobe.
 - **NO Photography** from the lobby. Many parents do not want their child's picture taken so please do not take pictures/video from the lobby. It is also a USA Gymnastics Regulation that no parent can take the picture of another's parent's child without expressed permission from that parent.
 - Please do not leave children unattended in the lobby before/after a class. Please pick up children promptly at the end of class.

Pay Periods: Our pay periods are every 2 months and you are enrolled for the school year unless you unenroll. You have the option of unenrolling every 2 months, concurrent with our pay periods. For example, if you do not want to do the November to December pay period, simply email us no later than October 20th to have your child dropped from their class on 10/31.

Watch your students on your phone or Computer

In order to allow parents to watch their gymnast, we have installed a live streaming app called Watch Me Grow so that you can watch your student from your phone or computer. Click here for directions on how to sign up for this app: [How to sign up for Watch Me Grow App](#)

Please call or email us for more information: 540-300-PIKE (7453); gymamericaus@gmail.com