

PREMIER NEWS



The Dream Starts Here

Upcoming Events: PGR INFO:

- April 1 Easter
- April 6-8 Xcel Girls Meet
- April 13-15 9-10 Regionals, Xcel Boys, Xcel G Meet, Cheer
- April 20 8 Regionals
- April 23 Session Begins
- April 27 7 Regionals
- Please remember that 2 weeks notice and a withdrawal form is required before a new session if you are dropping.
- Make-ups must be scheduled with the office and within 2 weeks of a missed class.
- No credits or refunds are given for missed classes if you choose to drop midway through a session.

May Spring Shows are approaching fast!
Gymnasts will begin working on routines.
Sign up online or at the front desk.

HomeSchool Open Gym: Every Thursday starting January 11 from 11am-1pm. Ages 5-14 \$10.00 drop-in. \$30 max family fee. Ages 18 months - 4yrs are welcome if a parent remains with them. \$6.00 drop-in. Last Day is May 24.

Cheer: We have our tryout clinics coming in May. Check with the front desk for more information.

Preschoolers: If your preschooler is not potty-trained and is in pull-ups please bring an extra in case of accidents. Also, please plan on staying for the entire class just in case of an accident. Children will not be allowed to participate with a dirty pull-up.

Motivational Moment:

“Strength doesn’t come from what you can do. It comes from overcoming the things you once thought you couldn’t.” - Rikki Rogers

Coaches Corner

Remember that Saturday Open Workouts from 11-1pm can also be used for make-up classes for Beginners, Intermediate, and Advanced classes.

Preschool Open Gyms are Tuesdays 11:30-1:30pm and Fridays 11-1pm through the school year. Ages 18 months to 6 yrs. Last Day is May 25.

Our boys 4 & 5yr. old Superhero morning class has openings! Sign up today!

Team Athlete of the Month:

Bella Kittelson

She has been on Team for 1 Year



Employee of the Month:

Ryan Johnson

Coach at PGR for 1 1/2 years



Premier Mission: At PGR our main goal is to provide each child with the safest and most enjoyable environment to perform. Although, we are a gymnastics facility we strive to help children grow in other areas of their life. Gymnastics is an excellent base for all other types of sports, and develops self-confidence and the ability to work as a team. With positive reinforcement coaching, every child should be able to reach their level of excellence in a fun but learning atmosphere.