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Welcome to Gymcats Gymnastics

1 message

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Welcome to Gymcats Gymnastics!

Where kids matter most

Thanks for signing up, we're so happy to have you on board. We believe that children of all ages and skill levels benefit from challenging physical activity in a safe and positive environment. Our goal is to support them and support you through this learning process. This email will give you basic information. If you have further questions, please feel free to call or email us at

555-5555sampleemail@gmail.com

VISIT OUR SITE



Save the Dates:

1st Monday of every month

auto pay goes through

2nd Tuesday of every month

back handspring clinic

Every Friday

Open Gym

August 13th

Annual Recital



Monthly Tips

One of the key elements of most skills in gymnastics are BRIDGES. Your kid might have just groaned at that, it's okay. It gets easier! 20 second 3x a day holding a bridge and they will see a marked improvement. This skill leads

them to back walkovers and front walkovers and back handsprings. It is worth the effort so it would be beneficial to support them in doing this at home.

Class levels

Kittens

This is a great opportunity to introduce walking toddlers to gymnastics equipment, have bonding time with a parent, and learn basic gymnastics. This is a parent-involvement class for 45 minutes

Cubs

All preschool and kindergarten-aged children taking gymnastics for the first time. This class is geared toward learning the basics, proper form, and how to behave in class. These classes are 45 minutes.

Tigers

Beginners from first grade up can start with a Tigers class. This class does not require previous experience. Children will learn the basics, proper form, and prepare to continue to higher levels as they progress.

Lions

This class is for children who have mastered all of the skills in their Tigers or Cubs classes and are ready for something more. Children in this class will have learned proper technique for their basic skills and are working toward the next progression. Our list of progressions is available on our [website](#).



Questions?

We're here to help! Reply to this email with your inquiry and we'll get back to you soon!



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