



MINNESOTAFLYERS
GYMNASTICS AND FITNESS

Newsletter



November 2024



LEVELS 3-5 COMPETED AT SPIRIT OF
THE NORTH IN ST. CLOUD IN OCTOBER!

CALENDAR

- | | |
|-----------|--|
| Nov 1 | 5:30-8:00pm Parents Night Out |
| Nov 2 | Cotton Candy Invite
Team Competition Levels 3-5 in Eagan |
| Nov 4 | 8:30am Winter Session Registration Opens |
| Nov 4-8 | Parents & Grandparents Week/Pizza Week |
| Nov 9 | 10:00-Noon Veterans Day Open Gym |
| Nov 14 | 3:00-6:30pm Cookie Fundraiser Pick-Up |
| Nov 15 | Fall Rec Session Ends |
| Nov 16 | Flippin' in the Fall
Team Competition Levels 3-5 in Fargo |
| Nov 27 | 2:00-3:55pm Early Out Open Gym |
| Nov 28-30 | Gym Closed for Thanksgiving Weekend |

OPEN GYM

Saturdays 10am - Noon (closed Nov 30)

VETERANS DAY OPEN GYM

In honor of Veterans Day, all active duty and veteran military families are invited to Open Gym Saturday, November 9th from 10am-Noon for FREE!

Open to the public for normal cost:
\$10 members, \$16 non-members

Must be verified military or show military ID at registration



IMPORTANT!



**STAFF SPOTLIGHT
COACH LEXI**

THANK YOU!

Special thanks to all the athletes that sold products for our annual cookie sales fundraiser! With your help, we were able to raise \$30,000 for our Movement Matters Capital Campaign!!

PLEASE PICK UP ITEMS SOLD ON
THURSDAY, NOVEMBER 14 FROM
3:00-6:30PM TO DELIVER TO
YOUR CUSTOMERS.

**All items must be picked up
November 14!**

All athletes who sold 20 or more items will receive an invitation to the Open Gym Reward Party on Saturday, December 7th from 5-7pm.



Coach Lexi is one of our team coaches.

Outside of the gym you can find her at a yoga sculpt class with coach Kayla.

She has loved watching the girls develop their own personality over the years. It keeps practice entertaining for sure! She also love watching the girls compete!

A favorite memory of Coach Lexi's was traveling to Tampa, FL with coworkers to attend USAG Congress.

THANK YOU!!



Many thanks to all who shopped at The Dashery during their MN Flyers fundraiser! We raised \$500 for the Capital Campaign!



**Micah
Mini Ninja**

**Bode
Master Ninja**

**Hannah K
Competitive Team**

**Harper
Jr Hot Shots**

**Finley
Beginner 2**