



MINNESOTAFLYERS  
GYMNASTICS AND FITNESS

# Newsletter



November 2025

## CALENDAR

- Nov 1 Cotton Candy Invite  
Team Competition Levels 3-5 in Bloomington
- Nov 7 5:30-8:00pm Parents Night Out
- Nov 8 10:00-Noon Veterans Day Open Gym
- Nov 10 8:30am Winter Session Registration Opens  
NO SCHOOL - CLASSES ARE IN SESSION!
- Nov 13 3:00-6:30pm Cookie Fundraiser Pick-Up
- Nov 14 Fall Rec Session Ends
- Nov 15 Flippin' in the Fall  
Team Competition Levels 3-5 in Fargo
- Nov 20 4:30pm Comp Team Pictures
- Nov 26 2:00-3:55pm Early Out Open Gym
- Nov 27-29 Gym Closed for Thanksgiving Weekend

## OPEN GYM

Saturdays 10am - Noon (closed Nov 29)

## VETERANS DAY OPEN GYM

In honor of Veterans Day, all active duty and veteran military families are invited to Open Gym Saturday, November 8th 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



LEVELS 3-5 COMPETED AT THE  
RAZZLE DAZZLE INVITATIONAL!



# 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 over \$27,000 for new equipment in the expansion!

PLEASE PICK UP ITEMS SOLD ON  
THURSDAY, NOVEMBER 13 FROM  
3:00–6:30PM TO DELIVER TO  
YOUR CUSTOMERS.

All items must be picked up  
November 13!

All athletes who sold 20 or more items will receive an invitation to the Open Gym Reward Party on Saturday, December 6th from 5–7pm.



STAFF SPOTLIGHT  
COACH SKYLAR

Coach Skylar is a rec coach for Jr Hot Shots through Intermediate Advanced classes. Outside of work, Skylar loves spending time on the lake and being with friends and family.

Skylar's favorite part of her job is seeing the kids improve on their skills and she enjoys growing relationships with them.

## Construction Update!

Thank you for adapting to our new entrance! Progress continues daily on the expansion. In the coming weeks, you'll see the final walls go up on the front section of the expansion then most of the work will be interior!

Continue to follow online for important announcements regarding construction updates!

Donations and pledges are still needed to fully fund this project. If you or your business would like to support MFGF, please visit our [website](http://www.mnflyersgym.org) or contact [Leesa@mnflyersgym.org](mailto:Leesa@mnflyersgym.org).

### NOVEMBER

### Students of the Month



Dorothy  
Jr Hot Shots



Hailey  
Beginner 1



Emerald  
Mini Ninja



Emery  
Bigger Stronger Faster



Eden  
Competitive Team



# NOVEMBER BIRTHDAYS!



Join us in wishing Happy Birthday to these students and staff!

Dreyton A

Parker B

Broox B

Oliver B

Oaklynn B

Beau C

Samuel C

Crew C

Norah C

Shayne D

Veda D

Eden E

Emery E

Kaden F

Elexys F

Adelyn G

Banks H

Derek H

Olivia H

Judah H

Marley K

Jax L

Oliver L

Gabriel L

Emmy L

Keira L

Stella L

Hailey L

Sapphira M

Owen M

Lincoln M

Finley M

Otto N

Nadia P

May P

Willow R

Camdyn RF

Aksel R

Ellery R

Koralyn S

Keith S

Izabella S

Troy S

Beckett S

Grayson S

Wyatt S

Gordon S

AnnaMarie S

Kayden S

Ireland T

Isaac T

Lena T

Jacob T

Cecelia V

Sienna V

Quinn W

STAFF BIRTHDAYS: Skyla, Ava, Cambry, Shayne

