



MINNESOTAFLYERS

GYMNASTICS AND FITNESS



FEBRUARY 2025 NEWSLETTER

Calendar

- February 2 Wolf Pack Invite
Team Competition Levels 7-8 in St. Cloud
- February 3 Laker Gymnastics Home Meet at 6:00 pm (no evening classes)*
- February 8 No Open Gym
- February 10 Spring Session Registration Opens at 8:30am
- February 10-14 Parents & Grandparents Week & Pizza Week
- February 13 Giving Hearts Day - see below!
- February 13-17 No school for some districts - Classes are in session
- February 21 Winter Session Ends
Spring Session Begins March 10
- Feb 24-28 Make-up Classes
Check your email to see if your athlete has a make-up class this week!
- Feb 28-Mar 2 Northern Lights Classic
Team Competition Levels 7-9 in Minneapolis

*Classes affected by Laker Home Meet will be emailed with a make-up date.



Open Gym
Saturdays 10am - Noon
(Closed Feb 8)

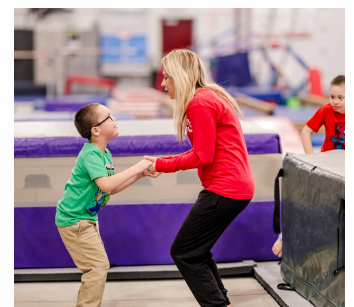


Giving Hearts Day

Thursday, February 13th is Giving Hearts Day. Each year we raise money to support our special needs program, FlyTime. FlyTime is free of charge to area schools and adult programs and is 100% funded by generous donors and grants. Our goal this year is to raise \$30,000 so we can fully fund this program!

We currently have over 150 athletes in FlyTime this school year from 10 area programs. This is the highest amount of athletes served!

Give now through February 13th at www.givingheartsday.org and search for **Minnesota Flyers**. Gifts by check must be dated February 13, 2025 and written to MFGF.





FEBRUARY 10-14
4:30-7:15pm each night

PIZZA WEEK!

\$3 / SLICE
\$5 COMBO MEAL



Other Items Available For \$1:
Beverage
Desserts
Water Bottle Stickers



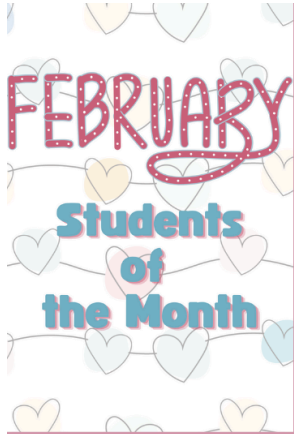
FEBRUARY 11 & 14
9:30-11:30am

DONUT DAYS!
\$1 / DONUT

Cash preferred



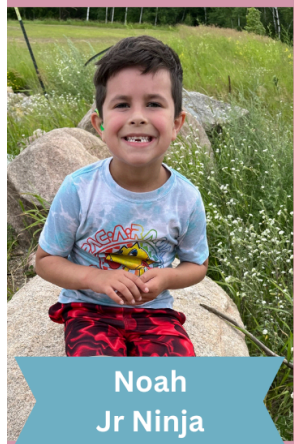
Spring Session Begins March 10th!



Emily
Hot Shots



Juliet
Beginner 1/2



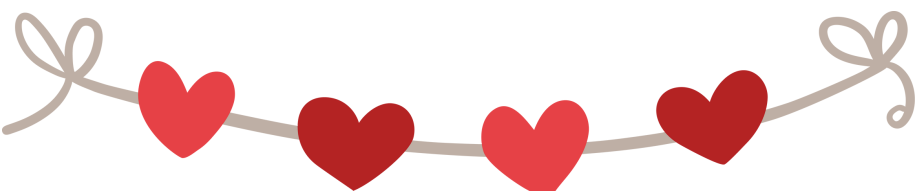
Noah
Jr Ninja



Griffin
Master Ninja



Aniyah
Competitive Team



Staff Spotlight Coach Joe



Coach Joe is the head team coach for our competitive program.

Joe's favorite book is Harry Potter.

His favorite part of MFGF is the gymnast's facial expressions when they get a new skill or have a crazy flip or event. 😂 😊 😬 😬

Thank you Coach Joe for your leadership and dedication to the program!