



MNFLYERS
GYMNASTICS AND FITNESS

May 2025 Newsletter



Calendar

- May 2 5:30 – 8:00pm – Parents Night Out – Last of the school year!
- May 5–9 Parents/Grandparents Week
- May 10 Spring Show – no Open Gym
- May 12 Summer Session Registration Opens 8:30am
- May 15 Noon – Ground Breaking Ceremony!
- May 16 Spring Session Ends
Team Banquet
- May 21 Rec make-up day (Wednesday classes only)
- May 26–30 No Team Practice
- May 27–28 8am – 4pm – Day Camps

Open Gym

Saturdays May 3, 17 & 31
10am – Noon

Open Gym moves to
Fridays in June!



**Morning with the
State Champs!**



Good Luck to Maggie as she represents MN and Region 4 at the Western Championship in Fargo on May 4!



Saturday, June 7th
10:00 am
City Park Bandshell

\$25 registration includes: t-shirt and individual color packet

Athletes are encouraged to fundraise for this event and earn cool prizes! Info sheets were sent home with students and are available at front desk or the link below.

Set a goal to raise \$500 to earn PRIORITY registration for the Fall Recreational Session! Guarantee your athlete's spot before registration opens to the public!

Staff Spotlight Carissa



Carissa is the Foundations & Marketing Coordinator. You'll often see her snapping pictures in the gym to post on our socials or planning fundraisers.

Outside of the gym, she enjoys reading, crocheting, and being with her family and pets.

Her favorite part of MFGF is cheering on the athletes in class and at gymnastics meets.



May 5-9
PARENTS/
GRANDPARENTS WEEK

MINNESOTAFLYERS
GYMNASTICS AND FITNESS

SPRING SHOW Wild Wild West

SATURDAY MAY 10TH

It's our annual event designed to bring together our recreational and competitive programs where our athletes can showcase their skills to family and friends.

10AM SHOWTIME

Spectator tickets sold at the door
Adults \$5 Kids \$3 (4-17yrs) 3 & Under FREE

Online registration is FREE for current rec students!

Team gymnasts do not need to register but please tell your coach if you can attend.

MINNESOTAFLYERS
GYMNASTICS AND FITNESS

Summer Day Camp

A day in the gym full of activities, play time, games, and fun!

Day 1 May 27th **Day 2 May 28th** **\$47 per day**

Time: 8am-4pm each day
 • Activities
 • Games
 • Open gym

Lunch & snacks provided!!!

Register online at www.mnflyersgym.org



Summer Session Begins June 2!