



WINTER NEWSLETTER

VOLUME 2: WINTER 2025

HIGHLIGHTS

2024 was a whirlwind of events! Between replacing all of the foam blocks + most of the HVAC units, to tearing down some walls and shifting things around, we are SO excited to go into 2025 with everyone!

IN THIS ISSUE

- Laketown 2024 Highlights
- NEW! Parkour Instructor Intro
- Summer Camp Information
- Ways to WIN A FREE YEAR OF GYMNASICS!!
- We're bringing back the Spring Show!
- and a TON more!



LAKETOWN SPOTLIGHT

We wrapped up 2024 by doing a big training event, led by our competitive coaches, our preschool director and our amazing high school coach (who is creating all of our lesson plans)! Coaches went over spotting techniques, how to be engaged with their students and what tools help shape strong, well-rounded athletes, even if their path isn't towards competitive gymnastics! Thanks for a super fun day, everyone!

SPONSORSHIP SPOTLIGHT

Thank you to HomeTown Bank for sponsoring the Hot Cocoa Bar at our Cookies with Santa @ The Jingle Gym this year! We had SO much fun, and can't wait to make the event even bigger and better next year!

Interested in other sponsorship opportunities? Please reach out to Kelsi!





NEW! NO SCHOOL DAY CAMPS!

No School Day Camps are NEW and packed with FUN! Full and half day options available, these camps are for ALL kids ages 5 to 12 - there will be a little gymnastics, a little parkour and ninja, some crafts and TONS of activities and games!
A perfect way to spend a No School Day!

Visit www.laketowngym.org/noschooldaycamps for more information
(or click any of the camp pictures below!)



Thursday + Fridays
11:15am - 12:15pm
\$8 per child
For ages 1 - 5

Parent or guardian
MUST be present!

Whether you're a seasoned gymnast,
or just looking to have some fun,
our Open Gym welcomes all skill levels
to come and explore our gym!

Pre-registration is strongly suggested as
both events frequently sell out,
especially during the winter!

Pre-registering is the only way to
guarantee you will have a spot!

Ages are strictly followed for both. You
can sign up anytime in the Parent Portal!

www.laketowngym.org/opengym



Select Saturdays
6:30pm - 8:30pm
\$20 per participant
For ages 6 + up

Rules are strictly enforced



SUMMER CAMP IS BACK!

REGISTRATION IS OPEN!

Our Summer Camps were a HUGE hit last summer and we are ready to bring the FUN back this summer! Choose as many days of the week you'd like, and choose full or half day!

These camps are for ALL kids ages 5 to 12 - there will be a little gymnastics, a little parkour and ninja, some crafts and TONS of activities and games!

CAMPS WERE SOLD OUT LAST SUMMER - REGISTER TODAY!

Visit www.laketowngym.org/summercamps for more information!

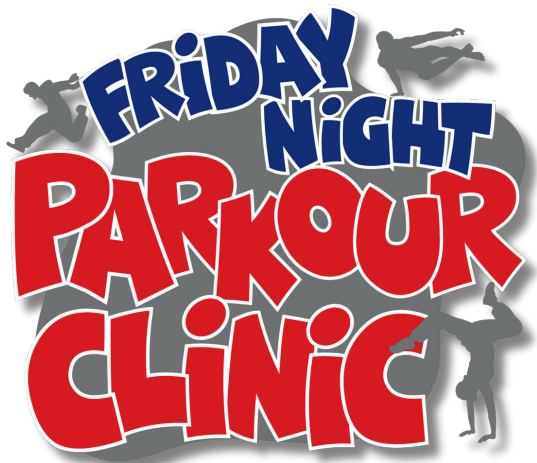
HOMESCHOOL

OPEN GYM | CLASSES | PARKOUR

Homeschool Gymnastics & Open Gym provide a fun and active way for homeschoolers to build strength, coordination, and confidence in a social setting. Our structured classes focus on skill development, while Open Gym offers supervised free play for kids to run, jump, and explore at their own pace.

For high-energy movers, our Parkour Classes teach agility, speed, and obstacle navigation through vaulting, jumping, and climbing - perfect for those looking for an exciting challenge mixed with TONS of activities and games!

Visit www.laketowngym.org/homeschool for more information!



SELECT FRIDAYS 4:30 - 6:30

PARKOUR OPEN CLINIC

Has your child been curious about trying Parkour or Ninja? Are they currently in classes, but want an extra opportunity to work with coaches on specific skills, or maybe just need to get some extra energy out? Join us for our Parkour Open Clinics! These are more structured than an open gym, but offer a great opportunity for athletes to get some extra practice in!

Must pre-register, no walk-ins will be allowed.
Find them under "camps" in the app or parent portal!

THIS YEAR'S THEME IS "ROAD TRIP"!

Each gymnast will perform a specially choreographed routine with a small group, set to fun music, showcasing their skills, confidence, and creativity.

This is a non-competitive event designed to give our young gymnasts a chance to shine in front of an audience, build confidence, and have fun!

All participants will receive a medal and a special leotard to celebrate their hard work.

We can't wait to see our gymnasts flip, dance, and smile their way through this exciting show!

May 10, 2025 | Times to be determined | Registration required!

Visit www.laketowngym.org/springshow for more information, and to register today!



MEET OUR NEW PARKOUR COACHES!



ISAIAH
PARKOUR PROGRAM LEAD

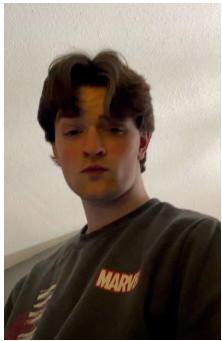
Hello I'm Isaiah Stevens!

I am a professional parkour athlete, soldier, and content creator with millions of views and over 100k followers across my platforms.

I enjoy teaching kids' parkour and watching them progress physically and mentally through challenges. Whether that be Obstacles in front of them or in their head.

I've been training parkour for over 8 years and have done competitions and stunt jobs around the country. I've served 7 years in the United States Army National Guard and have deployed overseas as an infantryman.

I am honored to be working for Laketown Gymnastics and look forward to helping lead the Parkour program to its highest potential.



GAVIN
PARKOUR +
RECREATIONAL COACH

Hello, my name is Gavin! I have been practicing parkour and free running for two years independently and an additional two years at Classic Gymnastics. I have also been teaching parkour, free running, and gymnastics for nearly two years.

Beyond my athletic pursuits, I have a passion for the outdoors, particularly fishing and hunting. Additionally, I enjoy creating props and costumes for film productions.

LAKETOWN WELCOMES ISAIAH & GAVIN!

Isaiah and Gavin bring extensive expertise not only in parkour and free running but also in advanced skills for our gymnasts. We are thrilled to have them as part of our team and are already seeing the positive impact of their contributions. We appreciate everyone giving them a warm welcome and look forward to all they bring to our programs!

NOW HiRING!

Laketown Gymnastics is looking for passionate and energetic coaches to join our team! If you love working with kids, have a background in gymnastics (not necessary, but helpful) or related activities, and enjoy a fun and active environment, we'd love to hear from you.

Apply today and be part of shaping our future!

We are looking for someone special who can coach our Upper Level Xcel Gymnasts. If you know anyone who would be an excellent addition to our crew, please send them our way!

WHAT A WONDERFUL YEAR!

If I had to describe our 2024 in one word, it would be amazing. From June to the end of the year, we achieved so much, it's hard to believe! While our wrap-up list captures some highlights, it barely scratches the surface:

- Our competitive team experienced one of their most successful seasons yet - both in personal bests and overall growth. We prioritize building strong, resilient gymnasts who give their all, and we couldn't be more proud of every athlete on our team!
- After 13 incredible years at Laketown, we bid farewell to Tammie as she embraced a well-earned retirement.
- We introduced new summer camps, which were a massive hit - all four camps sold out! We're thrilled to bring them back this summer
- We replaced 10,000 foam pit blocks with new covered blocks! We opened up some major spaces and transformed the gym layout, moving the beams, preschool and parkour areas to create a much more functional space! This also allowed us to create a dedicated parent space!
- We transitioned to a new schedule for classes and lesson plans for all, with that shift allowing gymnasts to focus on steady improvement rather than rushing to move up levels, resulting in safer and stronger athletes.
- We replaced 80% of our HVAC units, making our facility more energy-efficient and comfortable year-round.
- We implemented a new training platform for our staff and are actively expanding our Parkour and Ninja programs with the help of instructors who are active in the community.

None of this would have been possible without the unwavering support of our staff, parents, and board members. Special thanks to Bri, our Rec & Event Manager, who has transformed the programs we offer, and Heather K., who continues to lead our Preschool Program with excellence. Ella's leadership has elevated our competitive program, focusing on building not just strong athletes, but strong individuals.

As we look ahead to 2025, we're excited to focus on staff training, community engagement, and continuing to develop well-rounded, resilient children through our programs. We have a few other projects up our sleeves, but we'll talk more about those later (and yes, the parking lot is one!).

Thank you to everyone who made this incredible year possible!

I hope everyone has a wonderful 2025!

- Kelsi

COACH'S CORNER

Gymnastics is not only essential for large motor development, but there are TON of benefits for body awareness, self-confidence, discipline, focus, and social skills!

Not only do we LOVE seeing athletes of all ages and abilities learn new skills, one of our favorite things to watch is the perseverance and their class or team cheering them on when they get close, or even when they get frustrated (which usually happens right before they get the new skill!). Creating a fun and positive atmosphere for that growth is something we focus a lot on.

Thank you to our families who trust us to empower their children!



UPCOMING EVENTS

- 2.17 Gerten's Spring Fundraiser Begins
- 2.17 Secret Agent No School Day Camp
- 2.19 Summer Schedule Released + sign up begins!
- 2.22 Deadline to sign up for Spring Show!
- 2.22 - 2.23 Team @ Twisted Moose Invitational
- 3.1 - 3.2 Team @ Northern Lights Invitational
- 3.14 - 3.16 Team @ State
- 3.31 Gerten's Spring Fundraiser Closes
- 4.4 Dine Around for Laketown @ Hoppers
- 5.10 Spring Show
- 5.26 Laketown Closed: Happy Memorial Day
- 5.31 School Year Schedule Ends

SCAN TO
LEARN MORE!



FUNDRAISERS

COLOR THE LAKETOWN TUMBLER FUNDRAISER!

FOR EVERY FULL
CARD TURNED IN, BE
ENTERED TO WIN
FREE GYMNASTICS
FOR A YEAR!

RECEIVE 2 OPEN
GYM PASSES FOR
EVERY 10 SPOTS
COLORED IN!

FILL 40 SPOTS
AND BE ENTERED TO
WIN A \$100 GIFT
CARD TO ANY LOCAL
BUSINESS YOU
CHOOSE!

FILL 20 SPOTS AND
BE ENTERED TO WIN
A FREE MONTH OF
GYMNASTICS!

FILL 30 SPOTS
TO RECEIVE A
LAKETOWN SWAG
BAG!

We are doing our first "Color the Laketown Tumbler" Fundraiser where the grand prize is a **FREE YEAR OF GYMNASTICS!**

Sheets will be handed out February 17th and due back by 3/15!

NO EXPIRATION
ALWAYS AVAILABLE

QDOBA

MEXICAN EATS®

QDOBA CARDS AVAILABLE
AT THE FRONT DESK!

9 QDOBA COUPONS FOR \$10!



Includes:

- BOGO Entree x2
- BOGO 1/2 off
- \$25 off catering
- Free Kids Meal
- Free Chips + Queso
- \$2 off your meal
- \$20 Meal Deal
- Free Drink

BOTH COUPONS AVAILABLE AT THE FRONT DESK

CASH ONLY



**CAR WASH COUPONS
NOW AVAILABLE!**

\$10

FOR THE 'GRAPH-X4'
WASH - A \$30 VALUE!