

ACHIEVERS ACCENTS

Achievers Activity Center Newsletter

October / November 2016

Welcome!

We are excited to bring you the Achievers newsletter. With a variety of programs such as Kids Play Day, Open Gym, Parents Night Out, Achievers Ninja Warrior Training and so much more, we want to help you stay informed. We also want to highlight different athletes and a coach each month – kind of our way of bragging on these amazing kids and coaches. And most of all, we want to THANK YOU for choosing Achievers Activity Center!



Teach kids to **ACHIEVE** and it's a lesson they will remember the rest of their life.

RECREATIONAL STUDENT OF THE MONTH

NAME: Maddy Mabray

PROGRAM: Girls Recreational Gymnastics

CLASS & LEVEL: 10+ Advanced

COACH: Jessie King

WHAT DO YOU LIKE ABOUT ACHIEVERS: I like my coach and that I am able to push myself as hard as I want.

BIO: Maddy is 11 years old and in the 6th grade at Corinth Classical Academy. Her interests and hobbies include baking, riding horses, sewing and volleyball.



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Employee of the Month



Name: Shawna Braselton

Position: Office Manager

How long at Achievers: ~1 month

What do you like about Achievers? "Everyone is very friendly! Not only at Achievers but also in Denton."

Before Achievers: Before moving to Denton, Shawna worked at a company called The Great Southwest as a title hunter.

LIFE IS
BETTER
WHEN
YOU'RE
LAUGHING.

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
	REMINDER — AUTODRAFT IS THE 25TH OF EACH					
					Oct 14	15
					Open Gym 7-8:30pm	
16	17	18	19	20	21	22
		Bring a Friend Week			Open Gym 7-8:30pm	
23	24	25	26	27	28	29
Wear your costume to gym week					Spooktacular Lock In!!	
					Open Gym 7-8:30pm	
30	31	Nov 1	2	3	4	5
		Balancing Week			Open Gym 7-8:30pm	
6	7	8	9	10	11	12
		PICTURE WEEK			Open Gym 7-8:30pm	Class Showcase! Pictures Parents Night Out
13	14	15	16	17	18	19
Handstands / Headstands Week					Open Gym 7-8:30pm	
Reminder—Achievers will be closed November 23—27th. Happy Thanksgiving!						

TEAM GYMNAST OF THE MONTH

NAME: Sarah Dooley

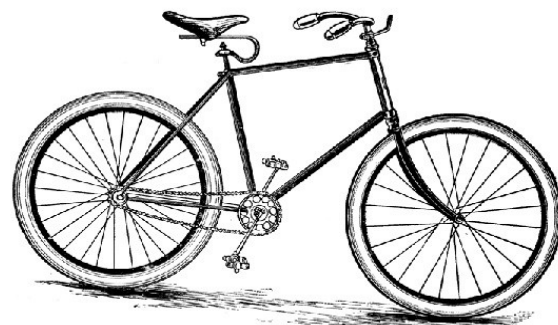
PROGRAM: Girls Team—Silver Stars

COACHES: Bailey and Rachel

HOW LONG AT ACHIEVERS: 4 years

WHAT DO YOU LIKE ABOUT ACHIEVERS? I love how much fun it is and the coaches!

MORE ABOUT SARAH: She is 6 years old and in 1st grade at Selwyn. Sarah loves dance, school and math. She also collects sea-shells.



Life is like

riding a bicycle

**TO KEEP YOUR
BALANCE**

You must keep

Moving



DROP n SHOP

DECEMBER 10th, 1:30-10:30pm

We entertain the kids while you finish (or start) your shopping! Don't miss this great opportunity :)

Contact Us

Give us a call for more information about our services and programs

Achievers Gymnastics Center
3014 S I35
Denton, TX, 76210

(940) 484-4900

Visit us on the web at
www.achieversgymnastics.com

SNACK TIME

Ham and Jicama Wraps— Dividing evenly, wrap 6 jicama or celery stick with 3 slices ham. Serve with 1 teaspoon whole-grain mustard for dipping. (74 calories / 2 g fiber / 8 g protein / 2 g fat)

Tropical Yogurt Parfait — Top 1/2 cup plain low-fat Greek yogurt with 1 cut-up kiwi and 1/4 cup cut-up mango. Sprinkle with 1 tablespoon chopped unsalted roasted cashews. (204 calories / 3 g fiber / 12 g protein / 7 g fat)

Dark Chocolate and Nut Clusters — Mix together 1/4 cup unsalted roasted nuts and 1 ounce melted dark chocolate. Drop onto wax paper; refrigerate until set (195 calories / 3g fiber / 4 g protein / 14 g fat)

What's New in the Pro-Shop?

Introducing Garland Activewear from Florida!

In addition to great GK leotards and bikers, we will have a fresh new stock of leotards and activewear from Garland Activewear. They have been in business for over 20 years and we are excited to include them in our awesome pro-shop.



With only 10 Fridays until Christmas, start checking things off your list by shopping in the Achievers Pro-Shop!

HAVE A BIRTHDAY PARTY COMING UP?

Let us help you create a memorable party for your little champion! We conveniently host 90-minute birthday parties every Saturday and Sunday that come complete with gymnastics activities, a private party room, free t-shirt and much, much more. When Achievers hosts your party, there's no need to set up or clean up—we'll handle all that.

WHAT'S INCLUDED?

*90 minutes of FUN & GOOD TIMES!!!

*45 Minutes in the gym doing a fun stretch, open gym time, group activities, your choice of an Incredible Inflatable & lots of laughs!

*45 Minutes in the decorated party room upstairs. Eat Cake & Open Presents!

*2 Qualified & Trained Birthday Party Specialist. We have FUN!

Birthday Tables with Table Cloths & Chairs

Refrigerator to store ice cream & drinks

FREE "I Had My Birthday Party at Achievers Gymnastics" T-Shirt!!!

FREE Balloon to Every Child!

FREE Open Gym Passes to Every Child 7 years old and up.

FREE Indoor Park Passes to Every Child 6 years old and under.

Your Child's Handprint on the "Birthday Wall of Fame"

Special Attention to the Birthday Child



Reserve your party today!