

Summer the Most Wonderful Time of the Year!

July 2015



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Secret U.S. Classic and Hopes Championship

Adeline Kenlin will be competing on July 25, 2015 at the Secret U.S. Classic. Many of the country's top gymnasts use the Secret U.S. Classic as a final tune-up for the P&G Gymnastics Championships, while other gymnasts are hoping to qualify for the national championships. The P&G Championships is the national championships for USA Gymnastics and determines the U.S. champions and the U.S. National Team.

Jaly Jones will be competing at the Hopes Championships which

takes place Friday, July 24, the day prior to the Secret U.S. Classic, The Hopes Championships has two age groups: 10-11 year-old and the 12-13 year-old. Athletes advance to the Hopes Championships from the Hopes Classic (Which was May 29-31 in Huntsville, Texas, at the USA Gymnastics National Team Training Center at the Karolyi Ranch, an official U.S. Olympic Training Site). The top 18 from each age group qualify to the Hopes Championships assuming each athlete achieves a minimum qualifying score. The Hopes classification is just below the elite level, and the Hopes Championships, previously known as the U.S. Chal-



Adeline Kenlin & Jaly Jones

lenge, is the culmination of the Hopes athletes' season.

BEST OF LUCK GIRLS! YOU 'VE GOT THIS!!!!!

Events for August 2015

- Ninja Zone Skill Level Testing August 1st
- Last Day of Summer Classes August 15th
- Fall Classes Begin August 24th
- Back to School SLEEP OVER at the Coralville Gym August 29th ...More details coming soon!



Oh yeah! Kids night out! Bring your kiddos out to the Coralville gym on Saturday, July 25th from 5:30-9:30 for games, crafts, obstacle course, trampoline, and PIZZA! Pre-Registration is required and space is limited to the first 40 kids, however we need 10 to be pre-registered by July 23rd in order to hold the event!

Registration will be open until July 23rd and then a \$10 late registration fee will be added if after this date. Cost is \$30 for members and \$40 for nonmember: third child is half price! Sign up will be at our Coralville location. Our Iowa City location can still help you with registering.

Coralville 4th of July Parade

Come and join Iowa Gym-Nest and walk in the Coralville parade! The parade begins at 10:00 on Saturday, July 4th. We will meet at the Geico parking lot at 9:30. Please wear your Iowa Gym-Nest shirt/leo or red and black. You **MUST** wear tennis shoes! Please sign up at

the Coralville or Iowa City Gym. We would love to have as many students as we can get!

Don't forget a water bottle and sunscreen!



Open Gym July 17th

Open Gym will be at our Coralville gym on Friday, July 17th 5:30-8:30. Come for one session or stay for both! Sessions are 5:30-7:00 and 7:00-8:30. One session is \$10 or both sessions are \$15. Children under 4 are welcome with an adult!



Our "Pink" girls will be testing for the "TOPS" program on Saturday July 18th. They have been working **EXTREMELY** hard for this day! We are so proud of you!!!

Fall Registration

Fall registration starts July 20th for students that are currently enrolled in summer classes. Open enrollment registration begins July 27th! **Get your registrations in ASAP as classes fill up FAST!**

**"NOTHING KILLS
A PROGRAM
FASTER THAN
LATE
REGISTRATIONS!"**