

# Spring Session Newsletter 2023



Spring Session  
**April 10 – June 11**

## No Classes

Friday, May 26- Sunday, May 28  
*Classes on Monday, May 29 will be held as normal.*

Save the Date:

**June 5- June 11**

**SHOWCASE WEEK AT RFGC**

No regular classes Monday, June 5- Sunday, June 11. Instead, you will come to your showcase time.

SEE ALL THINGS SHOWCASE WEEK ON PAGES 3-6



**2023 Spring Showcase  
Week is Coming Soon!**

Date: **Monday, June 5- Sunday, June 11**

Location: **River Falls Gymnastics Club**

## **2023 Spring Showcase**

The Spring Showcase provides an opportunity for gymnasts to show off their hard work this past year to their family. Children will be working throughout the session on their skills to perform at this showcase.

During the last week of the session, we will have a showcase instead of regular classes. Each class has a 30-minute time slot to show off their skills to their family.

Spectators get to come inside the gymnastics area which will allow an up-close look at your favorite gymnast!

**Learn more on page 3-6 of the newsletter!**

## We are Hiring!

<https://www.riverfallsgymnastics.com/employment-opportunities.html>

## Open Gyms & Special Events!

We have Open Gyms and some Special Events this Spring Session. Check out the following links to learn more. The following links will be updated with Summer Session open gyms and special events as summer gets closer.

Open Gyms: <https://www.riverfallsgymnastics.com/open-gyms.html>

Clinics/Special Events: <https://www.riverfallsgymnastics.com/clinics.html>

## Save the Date

**Thursday, May 11**  
Showcase T-shirt Orders Due

**Friday, May 26-Sunday, May 28**  
No Classes

**Monday, May 29**  
Classes will be held as normal on  
Memorial Day

## Summer Session

### REGISTRATION NOW AVAILABLE!

Summer Session will include both daytime and evening options. We suggest registering your child in the same level they are currently enrolled in for Spring Session.

**Summer Session:** June 12-August 18  
(9 weeks)

**Monday, June 12**  
Summer Session Begins

**July 3-July 7**  
No Classes

**August 21-25**  
All Ages RFGC Camp  
Camp Information/Registration Coming Soon!

## Fall 1 Session

Watch for Fall 1 Registration over the Summer Session. There is no priority registration for Fall 1 and registration will open to all families on the same date.

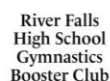
Fall 2 Session, Winter Session and Spring Session will have priority registration.

**Fall 1 Session:** September 5- November 7  
(9 weeks)

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gym updates!



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to our Sponsors for Supporting  
The River Falls Gymnastics Club!



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# RIVER FALLS GYMNASTICS CLUB

## 2023 Spring Showcase

Monday, June 5- Sunday, June 11

Final week of the Spring Session

*No regular classes. Please come to your show time only this week (see pages 4-6).*

### T-SHIRTS MUST BE ORDERED ONLINE

Please use the following link to order your t-shirt! T-shirt orders are due THURSDAY, MAY 11

**PLEASE NOTE:** ENTER YOUR CHILD (REN)'S NAME(S) IN THE notes for the seller box after you continue for payment.

[river-falls-gymnastics-club.square.site](https://river-falls-gymnastics-club.square.site)

### Fees & Spectators

There is no charge to participate and no charge for spectators.

**Participant: FREE!**

**Spectators: FREE!**

**T-shirts: \$15**

Able-bodied spectators are asked to remove their shoes before entering the gymnastics area. We will have some seats available in the main gym, please reserve those for elderly, disabled or pregnant spectators. Others will have an opportunity to get up-close and sit on our mats throughout the gym. All spectators should refrain from going on any equipment except for mats to sit on.

The parent/guardian that normally joins the Koala and Monkey participants in their regular class will join the participant in the show as well.

### Attire

You may order a Showcase t-shirt for your child to wear, or we ask that your child wear his or her own black t-shirt or leotard. Children may wear a leotard underneath their t-shirt and comfortable bottoms of their choice. The image below is the t-shirt design for all participants.

**T-shirt- Price: \$15**

**Orders Due: Thursday, May 11**

**T-shirts** will be distributed the day of your show at your show time. **Please come 5 minutes before your show time to pick up your shirt.**

### Times

-On the next pages you will find your regular class day and time. On the same line to the right, you will find your show time.

-No regular classes the week of the show. Only come to your show time.

**-Please arrive 5 minutes before your show time.** You will pick up your t-shirt at this time. See your showcase times on the following pages.

-Please exit as soon as possible after your 30 min show to allow other groups to enter the gym.



NO Regular Classes the Week of Monday, June 5- Sunday, June 11. Instead, come to your showcase time!				Showcase Week		
Find your regular class below and on the same line to the right you will find your class's designated showcase date and time.						
Regular Class	Day	Regular Start Time	Regular End Time	Showcase Date	Show Start Time	Show End Time
Beginner 1	M	4:10 PM	5:05 PM	Monday, June 5	4:10 PM	4:40 PM
Tigers	M	4:25 PM	5:10 PM	Monday, June 5	4:35 PM	5:05 PM
Intermediate 2	M	4:35 PM	6:05 PM	Monday, June 5	5:35 PM	6:05 PM
Tigers	M	5:15 PM	6:00 PM	Monday, June 5	5:15 PM	5:45 PM
Beginner 1	M	5:20 PM	6:15 PM	Monday, June 5	5:35 PM	6:05 PM
Koalas	M	6:15 PM	6:45 PM	Monday, June 5	6:15 PM	6:45 PM
Koalas	Tu	9:30 AM	10:00 AM	Tuesday, June 6	9:30 AM	10:00 AM
Tigers	Tu	9:45 AM	10:30 AM	Tuesday, June 6	9:55 AM	10:25 AM
Monkeys 4+	Tu	10:10 AM	10:55 AM	Tuesday, June 6	10:20 AM	10:50 AM
Monkeys	Tu	10:40 AM	11:25 AM	Tuesday, June 6	10:45 AM	11:15 AM
Koalas	Tu	11:05 AM	11:35 AM	Tuesday, June 6	11:10 AM	11:40 AM
Home School Mixed Level	Tu	12:25 PM	1:40 PM	Tuesday, June 6	1:00 PM	1:30 PM
-Monkeys 4+	Tu	1:50 PM	2:35 PM	Tuesday, June 6	1:50 PM	2:20 PM
Monkeys	Tu	3:30 PM	4:15 PM	Tuesday, June 6	3:30 PM	4:00 PM
Tigers	Tu	3:55 PM	4:40 PM	Tuesday, June 6	3:55 PM	4:25 PM
Beginner 2	Tu	3:55 PM	5:10 PM	Tuesday, June 6	4:45 PM	5:15 PM
Tigers	Tu	4:30 PM	5:15 PM	Tuesday, June 6	4:25 PM	4:55 PM
Beginner 1	Tu	4:50 PM	5:45 PM	Tuesday, June 6	4:45 PM	5:15 PM
Beginner 3	Tu	5:20 PM	6:35 PM	Tuesday, June 6	5:55 PM	6:25 PM
Monkeys	Tu	5:25 PM	6:10 PM	Tuesday, June 6	5:25 PM	5:55 PM
Beginner 1	Tu	5:55 PM	6:50 PM	Tuesday, June 6	5:55 PM	6:25 PM
Beginner 1	Tu	6:20 PM	7:15 PM	Tuesday, June 6	6:45 PM	7:15 PM
Intermediate 1	Tu	6:25 PM	7:55 PM	Tuesday, June 6	6:45 PM	7:15 PM
Monkeys 4+	W	9:05 AM	9:50 AM	Wednesday, June 7	9:05 AM	9:35 AM
Monkeys	W	9:15 AM	10:00 AM	Wednesday, June 7	9:30 AM	10:00 AM
Monkeys	W	10:00 AM	10:45 AM	Wednesday, June 7	9:55 AM	10:25 AM
Koalas	W	10:15 AM	10:45 AM	Wednesday, June 7	10:20 AM	10:50 AM
Homeschool Mixed Level	W	11:00 AM	12:15 PM	Wednesday, June 7	11:05 AM	11:35 AM
Boys Basic Events	W	4:05 PM	5:00 PM	Wednesday, June 7	4:25 PM	4:55 PM
Tigers	W	4:05 PM	4:50 PM	Wednesday, June 7	4:05 PM	4:35 PM

<b><u>NO</u> Regular Classes the Week of Monday, June 5- Sunday, June 11. Instead, come to your showcase time!</b>				<b>Showcase Week</b>		
Find your regular class below and on the same line to the right you will find your class's designated showcase date and time.						
<b>Regular Class</b>	<b>Day</b>	<b>Regular Start Time</b>	<b>Regular End Time</b>	<b>Showcase Date</b>	<b>Show Start Time</b>	<b>Show End Time</b>

Beginner 1	W	4:15 PM	5:10 PM	Wednesday, June 7	4:25 PM	4:55 PM
Beginner 1	W	5:00 PM	5:55 PM	Wednesday, June 7	5:15 PM	5:40 PM
Boys Only	W	5:10 PM	5:55 PM	Wednesday, June 7	5:35 PM	6:05 PM
Beginner 1	W	5:20 PM	6:15 PM	Wednesday, June 7	5:15 PM	5:40 PM
Boys Tumbling/Trampoline	W	6:05 PM	7:00 PM	Wednesday, June 7	6:35 PM	7:05 PM
-Monkeys 4+	W	6:05 PM	6:50 PM	Wednesday, June 7	6:15 PM	6:45 PM
Beginner 1	W	7:00 PM	7:55 PM	Wednesday, June 7	7:20 PM	7:50 PM
Boys Intermediate	W	7:10 PM	8:25 PM	Wednesday, June 7	7:20 PM	7:50 PM
Tigers	Th	9:00 AM	9:45 AM	Thursday, June 8	9:00 AM	9:30 AM
Monkeys	Th	9:15 AM	10:00 AM	Thursday, June 8	9:25 AM	9:55 AM
Koalas	Th	10:10 AM	10:40 AM	Thursday, June 8	10:10 AM	10:40 AM
Movement, Melody & Me	Th	12:05 PM	12:35 PM	Thursday, June 8	12:05 PM	12:35 PM
Home School Mixed Level	Th	1:00 PM	2:15 PM	Thursday, June 8	1:40 PM	2:15 PM
-Monkeys 4+	Th	2:25 PM	3:10 PM	Thursday, June 8	2:25 PM	2:55 PM
Beginner 2	Th	4:00 PM	5:15 PM	Thursday, June 8	4:10 PM	4:40 PM
Monkeys	Th	4:15 PM	5:00 PM	Thursday, June 8	4:30 PM	5:00 PM
Tigers	Th	5:10 PM	5:55 PM	Thursday, June 8	5:15 PM	5:45 PM
Beginner 3	Th	5:25 PM	6:40 PM	Thursday, June 8	5:35 PM	6:05 PM
Koalas	Th	6:10 PM	6:40 PM	Thursday, June 8	6:10 PM	6:40 PM
-Monkeys 4+	Th	6:50 PM	7:35 PM	Thursday, June 8	6:50 PM	7:20 PM
Boys Home School Mixed Level	F	3:15 PM	4:00 PM	Friday, June 9	3:15 PM	3:45 PM
Beginner 2	F	3:55 PM	5:10 PM	Friday, June 9	4:00 PM	4:30 PM
Boys Only	F	4:15 PM	5:00 PM	Friday, June 9	4:40 PM	5:10 PM
Intermediate 2	F	4:15 PM	5:45 PM	Friday, June 9	4:40 PM	5:10 PM
Intermediate 1	F	4:30 PM	6:00 PM	Friday, June 9	4:40 PM	5:10 PM
Beginner 2	F	5:20 PM	6:35 PM	Friday, June 9	5:10 PM	5:50 PM
Intermediate 1	Sa	8:30 AM	10:00 AM	Saturday, June 10	9:10 AM	9:40 AM
Monkeys	Sa	9:30 AM	10:15 AM	Saturday, June 10	9:10 AM	10:00 AM
Beginner 3	Sa	10:10 AM	11:25 AM	Saturday, June 10	10:30 AM	11:00 AM
Koalas	Sa	10:25 AM	10:55 AM	Saturday, June 10	10:10 AM	10:55 AM



<b>NO Regular Classes the Week of Monday, June 5- Sunday, June 11. Instead, come to your showcase time!</b>				<b>Showcase Week</b>		
Find your regular class below and on the same line to the right you will find your class's designated showcase date and time.						
<b>Regular Class</b>	<b>Day</b>	<b>Regular Start Time</b>	<b>Regular End Time</b>	<b>Showcase Date</b>	<b>Show Start Time</b>	<b>Show End Time</b>

Beginner 1	Sa	10:30 AM	11:25 AM	Saturday, June 10	10:30 AM	11:00 AM
-Monkeys 4+	Sa	11:05 AM	11:50 AM	Saturday, June 10	11:00 AM	11:30 AM
Twirl & Tumble	Sa	11:35 AM	12:20 PM	Saturday, June 10	11:25 AM	11:55 AM
Beginner 1	Sa	11:35 AM	12:30 PM	Saturday, June 10	12:05 PM	12:35 PM
Koalas	Su	10:55 AM	11:25 AM	Sunday, June 11	10:40 AM	11:10 AM
Special Olympics	Su	11:00 AM	12:00 PM	Sunday, June 11 Practice Meet for Special Olympics	10:00 AM	12:00 PM
Monkeys	Su	11:35 AM	12:20 PM	Sunday, June 11	11:45 AM	12:15 PM
Intermediate 1	Su	12:20 PM	1:50 PM	Sunday, June 11	12:25 PM	12:55 PM
Monkeys	Su	12:30 PM	1:15 PM	Sunday, June 11	12:40 PM	1:10 PM
Beginner 1	Su	12:30 PM	1:25 PM	Sunday, June 11	12:25 PM	12:55 PM
Tigers	Su	1:25 PM	2:10 PM	Sunday, June 11	1:20 PM	1:50 PM
Intermediate 3- Invite Only	Su	1:30 PM	3:30 PM	Sunday, June 11	3:15 PM	3:45 PM
Beginner 2	Su	1:35 PM	2:50 PM	Sunday, June 11	1:35 PM	2:05 PM
Intermediate 1	Su	2:00 PM	3:30 PM	Sunday, June 11	2:30 PM	3:00 PM
Tigers	Su	2:20 PM	3:05 PM	Sunday, June 11	2:10 PM	2:40 PM
Beginner 3	Su	2:55 PM	4:10 PM	Sunday, June 11	2:30 PM	3:00 PM
Intermediate 2	Su	3:40 PM	5:10 PM	Sunday, June 11	4:05 PM	4:35 PM