

# NEWSLETTER



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## ● Grab Your Gym Beat Merch: Beanies, Proud Mom/Dad T-Shirts, and More!

Get ready for fall with our original beanies and T-shirts, now available at the front desk! Stay cozy as the weather cools down, and show your Gym Beat pride by grabbing your gear before the chill hits. We also have special "Proud Mom" and "Proud Dad" T-shirts, perfect for showing your support at practices and events. Don't miss out on these fun, warm additions to your wardrobe. Swing by the front desk and get yours today to be part of the community!

**SHOP NOW** ➔





## Sam's Corner: Cheers to Growth!

A couple of milestones to mention in this edition. One is we're only a few months away from 2025, which will mark the 22nd anniversary of Gymnastics Beat!

Another is Pyramid Athletics Cheer is now starting its 7th season, and it's continuously growing! Choreography and routines are starting to come together, and competition season will begin soon! Our NGA gymnastics team is preparing for their competition season as well, with new athletes and brand-new uniforms!

We're excited about the new dance and breakdance classes launching in October! Pictured beside is a former student of GymBeat, named Zoe, who brought her newborn to check out the baby classes we offer! She started with us at age 3 (21 years ago) and is now a proud mama bringing her daughter to our classes!

Last, but not least, thank you to my wife Diana, as we celebrate 29 years of marriage! How about 29 more!?



**Mama Zoe coming back to Gymbeat with her daughter!**



**Congrats Sam & Diana on your 29th anniversary!**

## Elevate Your Journey: Sydney Weakley Scholarship



The Sydney Weakley Scholarship Program is an opportunity for athletes to pursue excellence in our beloved sport. Established in honor of our former employee and gymnast, Sydney Weakley, who tragically lost her life in a car accident on January 1, 2017, this scholarship is a testament to her passion and dedication to gymnastics.

We invite you to apply for the Scholarship by completing the application form and submitting the required materials. The selected recipient will be awarded a \$500 scholarship to support their journey in gymnastics.

Your application is not just a form; it's a chance to carry forward Sydney's legacy and contribute to the vibrant spirit of Gymnastics Beat. For application forms or any questions, please reach out to our front desk staff. We encourage all eligible candidates to seize this opportunity, share their stories, and let their dedication shine.



# Get in the Olympic Groove: Breakdance Introductory Class

## Have You Watched Breakdancing at the Olympics?

Experience the excitement firsthand with our new Breakdance Introductory Class led by the talented Dante Erlang!

Breakdancing made its debut in the 2024 Olympics, capturing the world's attention with its dynamic moves and high energy. Now, your child can get a taste of this thrilling dance form right here at Gymnastics Beat! Whether they're new to breakdancing or already love to groove, this class is the perfect opportunity to explore the basics of this exciting art form.

### About the Instructor

Dante Erlang is a Fresno native with over 8 years of breakdancing experience. He was a member of the prestigious Wizardz Krew and is now actively involved in Fresno's breakdancing community. With a passion for teaching and a deep love for the art of breakdancing, Dante provides a supportive and engaging environment for all students.



Dante Erlang



### What to Expect

In this introductory class, students will dive into the fundamentals of breakdancing, including toprock, footwork, and freezes. It's a fun and supportive session designed to give kids a taste of breakdancing while building confidence and rhythm. In our official class, we'll take things a step further, exploring more advanced techniques and creative movements.

Why Breakdancing?

Breakdancing is more than just a dance; it's a way for kids to develop strength, flexibility, and creativity. It helps build confidence, improve coordination, and instills a sense of rhythm—all while having a ton of fun. Plus, with breakdancing now recognized as an Olympic sport, there's never been a better time to get involved!

### Join Us and Get Moving!

Sign up for our introductory breakdancing class today and let your child be part of this exciting global movement. **Please note, the actual course will be held at a different time than the one-time introductory session, so stay tuned for further details.** Don't miss this chance for your child to explore their rhythm and movement!

## ● Intro Class Details

- **Date: Saturday, 9/28/24**
- **Time: 12:00 - 1:30 PM**
- **Instructor: Dante Erlang**
- **Price: \$5 per student**



## From Summer Fun to Fall Adventures: Stay Tuned!



We want to give a huge thank you to all our members for making this summer camp season a blast! From gymnastics to games, we had an unforgettable time with our campers. Although summer is wrapping up, the fun isn't over! Turkey Camp may seem far away in November, but it's just around the corner, and we have some exciting new classes coming soon. Along with our breakdance class, we're introducing a dance class led by Coach Lily. Stay tuned, and be sure to fill our recreational classes as usual!



Coach Lily and our summer camp crew



## Ninja Zone: Unleash Your Inner Ninja!

We've got something for every level of Ninja! From Little Ninjas to Ninja Green, we offer exciting, action-packed classes for all skill levels. If you're just starting out, our Ninja White (Beginner) class is the perfect place to begin your journey. It's available on Thursdays, Fridays, and Saturdays, with a few pending spots ready to open soon! Join the waitlist to secure your spot and move up through the ranks as you sharpen your ninja skills! Don't miss out on the fun—start your Ninja adventure today!

## Adult Gymnastics – No Experience Needed! Join Now!

Our Adult Gymnastics class is still going strong every Monday from 8:00 PM to 9:30 PM! Jump into an hour of coaching, followed by 30 minutes of free exploration of our equipment. No experience needed!

Looking for more? Join us for Adult Open Gym on Thursdays from 8:00 PM to 9:30 PM! Perfect for refining skills, practicing what you learned on Monday, or just having fun flipping around. All skill levels are welcome. Come and experience gymnastics in a dynamic, adult-friendly environment!

