



New Open Gyms Start in February

We have slowly started opening our various open gyms, starting with the adults. Beginning in February, Friday Preschool Open Gyms are back as well as our Home School / Hybrid Open Gyms on Tuesdays. Don't forget our special President's Day Open Gyms. Choose from the morning or afternoon session.

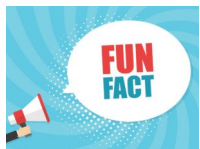
When Should Masks Be Worn?

1. Cloth face coverings should be worn by coaches, officials, spectators, and volunteers.
2. **All individuals should wear a cloth face covering when arriving to or departing from an athletic facility, because physical distancing is often difficult.**
3. All athletes should wear a cloth face mask when on the sidelines, and physical distancing should be followed.



In some cases, cloth face coverings may cause safety concerns, and adaptations or alternatives should be considered. The World Health Organization does not recommend use of a cloth face covering during vigorous exercise, and the CDC cautions that some people who are engaged in high-intensity activity may not be able to wear a cloth face covering.

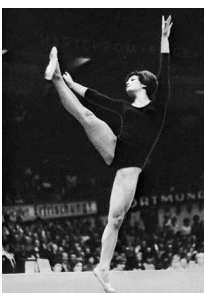
1. **When non-vigorous exercise is being performed and physical distancing is not possible, a cloth face mask should be worn.**
2. Cloth face coverings should not be worn in activities where they could pose an injury risk as a result of catching on equipment or accidentally impairing vision during performance of sport (eg, gymnastics, cheer).
3. Special considerations may be appropriate when there is an increased risk of heat-related illness.
4. **AGES 5 AND UNDER ARE EXEMPT**



The Evolution of Floor Exercise Music

Did you know when women first started competing gymnastics, floor routines were sometimes accompanied by a live pianist? Floor music had to be piano only. After sometime, other instruments were allowed but still only one instrument. In other words, floor music could be guitar or flute, but not both.

The change to recorded, orchestrated music for optional exercises was announced in 1979. Prior to the change, a 1.0 deduction would be given to a gymnast if the music had more than one instrument.



In 1976, despite the deduction, Nancy Holford, under the coaching of Larry Gleason competed her floor routine to the Beethoven 5th Symphony at the Midwest Open in Chicago. Every judge at the meet stopped to watch.

Although the expected 1.0 deduction was given, Nancy had the reputation of being the first, or one of the first, girls to use orchestrated music in the United States!

OPEN
GYMS ARE
BACK!!



February 2
every Tuesday

Home School / Hybrid Open Gym
Kindergarten-18YRS

February 3
every Wednesday

Preschool Open Gym
0YRS-Kindergarten

February 3
every Wednesday

Adult Open Gym
18+

February 5
every Friday

Preschool Open Gym
0YRS-Kindergarten

February 12-14

Gina Morri Invitational
Girls JO Levels 4 & 5
Xcel Bronze, Silver and Gold

February 15

President's Day Open Gyms
Classes on regular schedule
Kindergarten-18YRS

PRE-
REGISTER
ONLINE

Good luck!

Presidents' Day Open Gyms

- Ages Kindergarten-18yrs
- AM Session: 9:00am-12:00pm
- PM Session: 1:00-4:00pm
- \$30/session

**LOST &
FOUND**

Please check the lost & found for missing water bottles and clothing.

