

# NEW HOPE NEWS

New Hope Academy of Gymnastics 17270 Newhope St, Fountain Valley CA 714.556.8050 newhopegymnastics.com

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MONTHLY, Zero\$

## EARLY DAY ACADEMY CLASSES!

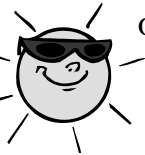
Because many local school districts have short days either Wednesdays or Thursdays, New Hope has classes starting at 2:00 pm. These classes are popular with parents and kids alike. Not only is the gym less crowded, kids can focus better because it is earlier in the day and they are not as tired. Also, early classes usually don't conflict with other sports practice times, such as soccer. And, your athlete can be home early to do homework and spend time with family.

As we plan our schedules for this fall, we would like to add even more of these popular early-afternoon classes based on popular demand. If your child gets out of school early each day or has an early dismissal day either Wednesday or Thursday, please contact the office to be added to a "wait list" so that we can *form a class just for you* as soon as it is possible.



## SUMMER CAMP- SPACES STILL OPEN!

Don't let your child miss out on the fun.



Information and forms are available in the office or at [newhopegymnastics.com](http://newhopegymnastics.com) (on the home page).

## NEW HOPE TEAM at VISA CHAMPIONSHIPS!

This August 15<sup>th</sup>, New Hope Boys Team member Yoshi Mori will compete at the VISA Championships in San Jose. He will compete in the Men's Junior Elite division. Get your tix today to go cheer him on...or check the website for his results!

## TEAM NEWS

The current New Hope Boys and Girls Competitive Teams (all levels) celebrated their amazing seasons at their Team Banquet this month. Thank you to all of the parents who helped with this fun event...and to all of the parents who support the teams throughout the year!

## LOOKING GOOD!

Wow—things are looking good around the gym! If you haven't been inside to see, the boys pommel and p-bar areas have been foam padded and carpeted...and the seating area improved with comfy theatre-style seats. Also, the girls team room has been repainted and is in the process of being cleaned up and decorated.

All these improvements are thanks to very generous donations and the efforts of our wonderful parents and friends. While most donors have asked to remain anonymous, *please join us in thanking them by taking pride in your gym*: Please pick up after yourself and respect the gym facilities and equipment.

## RUNNING WILD?

...The girls teams have amped up their running training. High impact conditioning not only increases performance but also reduces the chance of injuries by strengthening joints and ligaments.