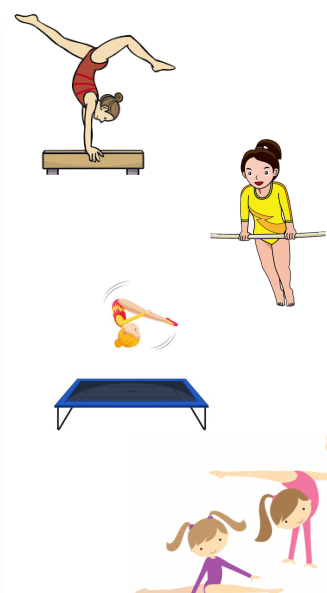




*Thank you for being part of
our DLG Family!*



Reminder!

**The gym will be closed on November
28th, 29th and 30th!!**

*We hope you have a wonderful Thanksgiving
weekend surrounded by family, friends and
yummy food!*

~Quote of the Month~



Happy Birthday!

Ylan F.
Ariana M.
Natassja N.
Emberli L.
Alexis H.
Henley J.
Aubry P.
Emme W.
Anna E.
Cassie C.
Mikayla H.
Ivanka V.
Raelyn L.
Hayden A.

Don't Forget About Open Gym!

Every Saturday from 12:15-2:15pm
\$10 for members ~ \$15 for non-members

Open Gym is always a great place to practice the skills you have been working so hard on! Bring a friend and have some fun!

***Holiday Closures***

DLG will be closed from December 22nd, 2019 - January 4th, 2020.

Team Kids: Holiday workout dates and times TBA

Jetta L.
Laura M.
Samantha M.
Noemi P.
Carly D.
Chloe T.
Aisling C.
Naomi K.
Olivia H.
Robyn W.

Safety Reminder!

As much fun as it is to try/practice new skills, please remember that it is best to practice new skills at Desert Lights with coaches around. A great way to practice your new skills safely and correctly would be to come to open gym for the opportunity to work with different coaches and practice any skill(s) you would like safely and with correct technique.

While we do encourage you to try/practice your new skills at home, there are some great drills and exercises you can do that are not only safe but will benefit your gymnastics!



Hollow Hold



Bridge



Splits



Push-up Shape