



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



### DLG FALL FEST SLEEPOVER!

This event is so much fun! It is full of games, crafts, food, music, movies, fort-building, and so much more! It's an event you won't want to miss and we encourage you to bring friends!! **Date TBA**

- No gymnastics experience required
- Open to all rec and team kids (6yo & up)
- Must be at least 6 years old to sleep over



### Level 4 & 5 Fall 2019 Meet Schedule

- 9/28-9/29 Rope Your Dreams
- 10/5-10/6 Stars-N-Stripes
- 10/19-10/20 Hollywood Invitational
- 10/26-10/27 Halloween Meet
- 11/22-11/24 State Meet

### ~Quote of the Month~



### Happy Birthday!

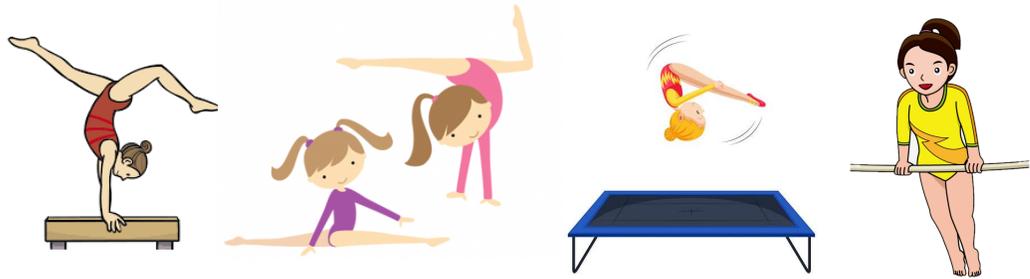
- Gabriella A.
- Ava K.
- Mackenzie M.
- Addison C.
- Isabella D.
- Marie R.
- Sophia S.
- Madalyn M.
- Lacey S.
- Lacey G.
- Katie H.
- Dempsey M.
- Ava S.
- Lillian W.
- Chloe A.
- Karen L.
- Aurora W.
- Kate O.
- Mya T.
- Victoria G.
- Addison S.
- Soleil M.
- Solimar M.
- Kathryn S.
- Skylar J.
- Annabella M.
- Amaya A.
- Lillian J.
- Scarlett R.
- Leilani A.
- Brinley T.
- Addison K.
- Sydnee E.
- Hailey R.
- Ashleigh C.
- Ariel W.



### Don't Forget About Open Gym!

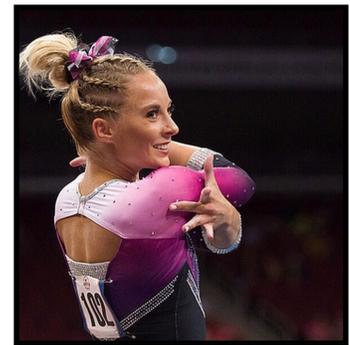
Every Saturday from 12:15-2:15pm  
\$10 for members ~ \$15 for non-members

Bring a friend and have some fun with your favorite coaches!



Congratulations to Mykayla for making  
the 2019 World Championships team!

DLG is so proud of you!



### 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