

# MEMBER NEWSLETTER

FEBRUARY 2025

Each year we close the gym for the Park City School District's Ski Week holiday. Enjoy the break!

NOTE: We account for these dates when planning our yearly closure calendar to ensure all classes receive the same number of sessions throughout the year - meaning no makeups or prorating are necessary.



PARK CITY  
BLACK DIAMOND GYM



## What's Coming Up

### Kids Night Out

Friday, February 28

6:30 pm - 9:30 pm

For kids ages 5-15

\$55 per child

Bring a water bottle, snack, and be ready to show off your SUPER moves!



# NEW CLASS!

## Jumpstart Medley



This coed introductory level class was designed for 5-7 year olds to expose young athletes to a fun mix of moves from multiple programs, including:

**+ Big Air**  
**+ Tumbling**  
**+ Artistic Gymnastics**

Our goal is to both challenge and excite kids while helping them decide which path to pursue next at BDG.

**Two options now available:**

**Mondays 3:30 pm**  
**Wednesdays 4:45 pm**



# Athlete Leader of the Month - Nora Woodruff



**Age:** 12

**Discipline:** Women's Artistic Gymnastics, Girls Black

**Favorite Things:** Gymnastics, skiing, lacrosse, and spending time with friends

**"Nora is an excellent pick for Athlete of the Month. She is humble, appreciative, and always willing to assist with a big smile. It's a pleasure having her in class!" – Coach Joe Klue**

Nora's dedication to gymnastics is evident in every class, where she consistently pushes herself to improve. She's known for working hard and supporting those around her.

Beyond athletics, Nora is passionate about helping others. She hopes to join her school's peer tutoring program to support students with disabilities, showing her commitment to inclusivity and kindness. Nora also volunteers at her aunt's horse barn, caring for animals. Her willingness to work hard and help wherever needed highlights her compassionate and responsible character.



**Big Air**



**Girls Gymnastics**



**Ninja Classes**



**Diaper Daredevils**

## Classes Available

From walking to age 17, all of our programs are designed to be **FUN**, and to provide a strong foundation for athletics -- and for life!

Check out all the options available by scanning this QR code:



# Special Event



We're pleased to be the host gym for this annual meet that **brings 2,400+ athletes** from across the US to the Salt Palace in Salt Lake City.



Please join us in wishing our BDG athletes good luck:



**Women's Artistic Gymnasts**  
**Trampoline & Tumbling Gymnasts**

## You're Invited!

**Volunteer to help with at least one session and get into the event for FREE. Here's how to sign up:**

- (1) Scan the QR code
- (2) Pick a date and session
- (3) Enter "Rec PC" in the comments field so our staff can identify you as a volunteer

