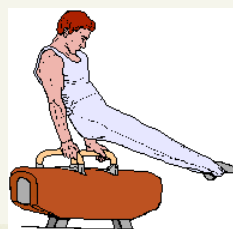
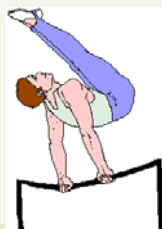


# Orlando Metro Gymnastics



*Send A Picture Of Your  
Gymnast For Future  
Newsletters To:*

*sandy@orlandometro  
gymnastics.com*

*Give us a testimonial as to  
why your gymnast loves  
coming to Orlando Metro  
Gymnastics*

## Two Locations To Serve You

Orlando Metro Gymnastics  
4658 L.B. McLeod Road  
Orlando, Fl 32811  
(407) 246-1200

Orlando Metro Gymnastics  
Waterford Lakes  
1501 S. Alafaya Trail  
Orlando, Fl 32828  
(407) 207-4110

## Upcoming Events

### New Cheer Classes

For More Inf  
(407) 246-1200

#### Cheer 101

Learn cheer basics,  
motions, dance,  
jumps and tumbling  
Wed. 5:30—6:30

#### Cheer Squad Prep

Geared toward middle  
school and HS students.  
Get ready for tryouts!  
Wed., 7:30—8:30

#### Cheer Clinics

For Pop Warner,  
CFYFL & City of  
Orlando Rec team  
members or anyone who  
just loves to cheer!

##### Available Dates

Sun, March 15th  
Sun, April 12th  
1:00—3:00pm

#### High School Cheer Clinics

For current High School  
cheerleaders or anyone  
that wants to be one

##### Available Dates

Sun, March 15th  
Sun, April 12th  
3:00—5:00pm

### Kidz Sports Day Camp

#### *Spring Break*

March 30th—April 3rd

#### *Summer Break*

June 4th-Aug. 21st

##### Half Day

7:30am—12:30pm  
12:30pm—5:30pm

##### Full Day

7:30am—5:30pm

Kidz Sports DayCamp  
is filled with fun,  
gymnastics, sports &  
more Registration  
Packets Available At  
The Front Desk

### *Team Metro*

8 spots are available in  
both Girls Team Metro  
and Boys Team Metro at  
both the L.B. McLeod loca-  
tion and the Waterford  
Lakes location.

TEAM METRO is an in-  
house competitive team .  
This program allows gym-  
nasts to compete in 3 com-  
petitions throughout the  
year. This is a great pro-  
gram for those gymnasts  
who wish to compete with-  
out the time and financial  
commitment of the regular  
team If you wish to come  
try a workout just give us  
a call to the location of  
your choice to schedule  
your trial.

Team Metro Will Be  
Competing March 21st  
Come See Team Metro

## Important News Bulletin

Orlando Metro  
Gymnastics will be  
Closed for Spring Break  
March 30th—April 4th

This is not a scheduled  
week of classes—No  
makeups needed

### *“I’m A Star” Show*

Each year our students  
perform for family and friends!

Our theme this year is  
“I’m A Star” There is no  
charge for this event!

Sat, May 30th  
Sign Up In The Office