MINNESOTAFLYERS
GYMNASTICS AND FITNESS

Newsletter



November 2026







LEVELS 3-5 COMPETED AT THE STAR OF THE NORTH INVITE!

CALENDAR

Nov 6	5:30-8:00pm Parents Night Out
Nov 9-13	Parents & Grandparents Week!
Nov 10	3:00-6:30pm Cookie Fundraiser Pick-Up
Nov 14	10:00-Noon Veterans Day Open Gym
Nov 14	Flippin' in the Fall Team Competition Levels 3-5 in Fargo
Nov 16	8:30am Winter Session Registration Opens
Nov 20	Fall Rec Session Ends
Nov 21	Cotton Candy Invite Team Competition Levels 3-5 in Bloomington
Nov 23	4:30pm Comp Team Pictures
Nov 26-28	Gym Closed for Thanksgiving Weekend
Nov 30	Winter Session Begins

OPEN GYM

Saturdays 10am - Noon (closed Nov 28)

VETERANS DAY OPEN GYM

In honor of Veterans Day, all active duty and veteran military families are invited to Open Gym Saturday, November 14th from 10am-Noon for FREE!

Open to the public for normal cost:
$10 members, $16 non-members

Must be verified military or show military ID at registration



THANK YOU!

Special thanks to all the athletes that sold products for our annual cookie sales fundraiser! With your help, we were able to raise over $23,000 to support the programs of MFGF!

PLEASE PICK UP ITEMS SOLD ON TUESDAY, NOVEMBER 10 FROM 3:00–6:30PM TO DELIVER TO YOUR CUSTOMERS.

All items must be picked up November 10!

All athletes who sold 20 or more items will receive an invitation to the Open Gym Reward Party on Saturday, December 5th from 5–7pm.



STAFF SPOTLIGHT
COACH CASSIE

Coach Cassie is a coach for Hot Shots, Beginner 1 & 2, and Jr Ninjas. Some of her favorite things include being outside, spending time with her people, having kitchen dance parties, gardening, and dreaming about more animals her family can add to their homestead!

"MFGF offers a wide variety of classes for so many different kids! There's a class for everyone and seeing the gym grow and change to allow even more accessibility has been exceptionally excited!"

Front Desk Payment Update!

Debit/credit card purchases must be a minimum of $5 to process.

If your athlete enjoys getting snacks, they can purchase a $5 or $10 snack card to be used while they are at the gym.





NOVEMBER BIRTHDAYS!



Join us in wishing Happy Birthday to these students and staff!

Broox B
Nola B
Monte B
Brody B
Sawyer C
Crew C
Norah C
Shayne D
Veda D
Eden E
Emery E
Adelyn G
Synneva G
Banks H
Derek H
Luella H
Judah H

Darby J
Amara K
Emberlyn K
Leo L
Jax L
Cadyn L
Dake L
Emmy L
Stella L
Lyrik L
Emma M
Cambry M
Lincoln M
Nadia P
May P
Avery P
Rowan R

Willow R
Parker R
Aksel R
Maliah R
Camdyn R
Ellery R
Emery R
Evie R
Koralyn S
Troy S
Jacob T
Cecelia V
Sienna V
Quinn W
Marilyn Y
Donna Z

STAFF BIRTHDAYS: Cambry, Alli