



MN FLYERS

GYMNASTICS AND FITNESS

NEWSLETTER

OCTOBER
2026



Cookie and product sales end October 12th! How close are you to your goal? Sell 20 or more items for your invitation to the Open Gym Reward Party on Dec 5th from 5-7pm.

Sell 50 or more items to earn **PRIORITY REGISTRATION** for the Winter Rec Session!



CALENDAR

- OCT 2** 5:30-8:00PM - PARENT'S NIGHT OUT
- OCT 3** SPIRIT OF THE NORTH
TEAM COMPETITION LEVELS 3-5 IN ST CLOUD
- OCT 12** COOKIES SALES END
TURN IN ORDER FORMS AND MONEY COLLECTED AT FRONT DESK
- OCT 15-16** MEA - CLASSES ARE IN SESSION
- OCT 17** GYM CLOSED - NO OPEN GYM
- OCT 24** STAR OF THE NORTH INVITE
TEAM COMPETITION LEVELS 3-5 IN ST PAUL
- OCT 27** 5:00-7:00PM - REC PICTURE NIGHT!
ORDER FORMS WILL BE AVAILABLE SOON
- OCT 28** 2:00-3:55PM - EARLY OUT OPEN GYM

OPEN GYM

SATURDAYS 10AM - NOON (CLOSED OCT 17)

October

Students of the Month



Wren
Hot Shots



Axel
Master Ninja

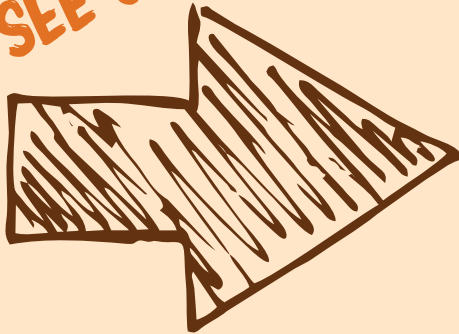


Drew
Jr Ninja



Remi
Competitive Team

COME SEE US!



NATIONAL COACHES DAY

Please thank your coaches
for all they do!

“The influence of a
great coach can
never be erased.”

Essentia Health
Presents:
DETROIT LAKES
KIDS AND PARENTS EXPO
Kidsandparentsexpo.com
LEIGHTON MEDIA

SATURDAY
10.10
10:00AM-1:00PM
DETROIT LAKES HIGH SCHOOL GYM

Admission: \$1 (per person)
Donated to a local organization
(cash only at door)

STAFF SPOTLIGHT

COACH SUSIE

SUSIE IS A REC COACH FOR WIGGLE WORMS THROUGH
BEGINNER 2!

FUN FACTS: SUSIE HAS 11 SIBLINGS AND IS A JR
BLACK BELT IN TAEKWONDO!

SUSIE ENJOYS GETTING TO KNOW ALL OF THE KIDS
AND WATCHING THEM MASTER NEW SKILLS.



OCTOBER BIRTHDAYS!



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

Anavayah B	Lenni J	Carter P
Paige B	Nellie J	Crew P
Lyndon B	James J	Sutton P
Rosalie B	Jayden J	Mindy P
Jensen B	Spencer J	Emma Q
Jordyn B	Kinsley J	Maddie R
Sawyer C	Harper K	Adley R
Craig C	Cooper K	Grace R
Milo C	Euphemia K	Patricia S
Maya E	Lillie L	Sebastian S
Marcus E	Will L	Obadiah S
Alister F	Lillie M	Carson S
Nova F	Lisa M	Rowan S
Mamta F	Maverick M	Cindy S
Kylie G	Olivia M	Ridley S
Magnolia H	Robert M	Leona S
Quinn H	Haevyn M	Isla W
Paul H	Remi N	Sharli W
Charli H	Aniyah N	Marley W
Jonah H	Kaja N	Navy W
Emme H	Hattie O	Roy W
	Maya O	

STAFF BIRTHDAYS: Coach Zamzo

