



March, 2024

NEWSLETTER

Enroll Now For 2024 Summer Dance Camps!

Now is the time to start making plans for summer and we are excited to announce that Metro Dance Academy will be hosting

5 weeks of summer dance camps starting in July.

Upcoming News & Events

Showcase Opt-Out Deadline April 19, 2024

Showcase Fee Due April 23, 2024

Dance Showcase Class Picture Day May 4, 2024

Rec Boys & Girls Gymnastics Mini Nationals June 1, 2024

Dance Spring Showcase June 8, 2024









Our dance camps are a fun way to explore new dance styles, make new friends and have fun moving our bodies!

All camps are **Monday-Thursday from 9:00am - 1:00pm** and are **\$175** per dancer.

Fees will be charged to your card on file in June.

We will create special camp crafts and campers will enjoy free time in the bouncy castle and foam pit.

MetroDanceAcademy.com/summercamps
Visit us online for complete details

34 Years Strong: Metro Celebrates Milestone on March 1st!

Gymnastics & Dance Thriving as They Take on Competition Season!

February Results for Girls Gymnastics

February 3-4 Pacific Edge Challenge

Level 6 - 5th Place, Level 9 - 3rd Place

February 10-11 Top Gun Team Challenge

Xcel Silver - 3rd Place, Level 2 - 5th Place

Level 3 - 4th Place, Level 6 - 2nd Place

Level 9 - 3rd Place

February 23-24 Gasparilla Classic

Level 6 - 1st Place, Level 7 - 2nd Place

Level 9 - 1st place





Tremaine Competition Highlights for Dance

Junior Company took first place and our Teens placed second.









Metro Gymnastics Center Celebrates 34 Years in Business

Doors Opened 3/1/1990 Owned by David Klein for all 34 years!

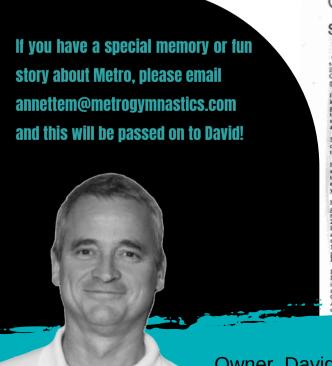


Metro has welcomed thousands of children and parents throughout our amazing 34yrs of giving your children "a jump on life"!

We are excited that we can continue to teach and train your children gymnastics and dance and we thank all of our families that share these experiences with us. It is heartwarming to see 2nd and 3rd generations returning to Metro to give the same experience to their child or grandchild as they had with Metro in our earlier years!

If you see David strolling through the gym, laughing and enjoying our Metro Students, please be sure to congratulate him on our 34 years of success!

Thank you for all the great years!



Gymnastics: a sport for all sports

By ANDY SLOOP
Gymaatis is a sport for all sports, a coording to Bruce Ziwood, co-owner of Metro Gymnastics, a new private gymnastics, tolk in Tualatin. The strength, coordination flexibility and confidence kids learn through gymnastics are transferable to virtually any sport, he says, and those abilities last a lifetime.

Metro is one of more than Metro is one of more than Metro is one of more than

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Metro is one of more than
3,500 private gymnastics
clubs nationwide, and one of
the newest in Oregon.
Private gymnastics clubs

Private gymnastics clubs have proliferated in Oregor since most schools dropped the sport from their physical education programs five years ago.

years ago. Despite school cutbacks, however, demand for youth symnastics programs remains strong. More than 250 kids from the south-Portland-metropolitan area attended Metro's open house three weeks ago, and nearly 100 are enrolled in Metro programs, according to

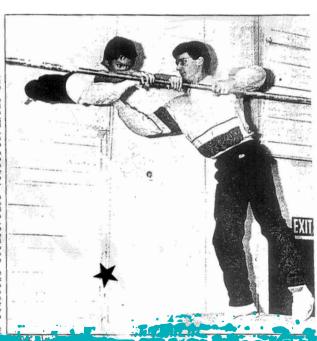
He and his partner, David Klein, former teammates on Portland State University's intercollegiate gymnastics squad and inclusives at the Oregan Gymnastics Academy in Beaverton, didn'texpound

people can run and throw Elwood said, but 'it is no natural for the body to b standing on it's hands." Kids who can tackle th physical and psychologica challenges of gymnastic find the activity fulfilling because it makes then fee good about themse 'es

Elwood said. "Gymnastics the fastest self-esteen builder I've ever see because it forces you tooncentrate," he said. "Kie are very physical and wheel to take that into the self-esteen se

Metro's goal is to get kids hrough the basic-skills tages so that they can feel the satisfaction that comes with that accomplishment. A lot of kids aren't going to se great gymnasts. We ecogize that," Elwood laid, But they can learn to seel better about themselves to be comediated to yet becoming above average by becoming above average

Since getting started is on of the hardest parts abor gymnastics, Metro tries to make that process as easy a consultation with the started way here that a kid is new embarrassed and it's eas enough so a kid can grow is stages, "Elwod said. Metro has two bast grams." This in mours.



Owner, David Klein Seen above on March 1st, 1990



Summer Classes and Camps at Metro!

Enrollment for Summer Gymnastics Camp will begin on April 1st.

All gymnastics and dance classes will open for registration on April 1st. Detailed class days and times will be available to view after Spring Break.

Summer Dance Camp Enrollment is Open!





<u>enroll online now!</u>









Show Times and Ticket Sales

Tickets will go on sale May 1st, 2024 at 12pm.

Morning Show: 11:30am Matinee Show: 3:00pm

Order of performance and show schedules coming soon

Showcase Fees:

The \$65 costume fee was charged to your card on file on Monday, Feb 26. The upcoming Showcase participation fee of \$50 will be collected on **Tuesday, April 23.** If you are not going to be participating please send your opt-out email to annettem@metrogymnastics.com or danceatmetro@gmail.com by **Friday, April 19th** to avoid being charged.

Showcase Class Picture Day:

All dancers are invited to participate in our studio-wide **Showcase Class Picture Day on Saturday, May 4, 2024.** Our recital photos will be taken by **Hults Photography**. Dancers will wear their Spring Showcase costumes for each routine they are in. Even if your dancer will not be participating in the show, we'd love to have them have their photo taken!

See complete showcase details at MetroDanceAcademy.com/springshowcase

March, 2024 Newsletter



March Tuition:

• Tuition Billing Cycle: 2/26 - 3/23

• Tuition Auto Charge: 3/6 (Teams/Dance) 3/7 (Gymnastics)

• CLOSED 3/24-3/31 Spring Break

• NO Spring Break Camp

April Tuition:

• Tuition Billing Cycle: 4/1 - 4/27

• Tuition Auto Charge: 4/6 (Teams/Dance) 4/7 (Gymnastics)

For complete details on Tuition and our cancellation polices, please visit the **Customer Portal & Polices** pages at **MetroDanceAcademy.com** and **MetroGymnastics.com**.

Make ups

Only 1 make up per each 4 week payment period, regardless of number of classes missed.

A Note From Meka & Luna



Metro Gymnastics Center & Metro Dance Academy

18084 SW Lower Boones Ferry Rd. Tigard, OR 97224 | 503.620.8939

Office Hours:

Monday - 11:00am - 6:00pm | Wednesday - 9:45am - 6:00pm | Tuesday & Thursday - 8:45am - 6:00pm Friday - Office Closed | Saturday - 9:00am - 12:00pm

www.MetroGymnastics.com | www.MetroDanceAcademy.com







