



October 2018

Words from Melissa: (owner) - Many thanks to our dedicated staff, volunteers and families who helped with our fundraiser for Children's Miracle Network. Giving back to the community to help the Opioid crisis is heartwarming and rewarding. The Children's Miracle Network appreciates the community's generosity to help reach their goal!

Preschool Open Gym! Come join us for fun and exploration **EVERY** Tuesday from 10 - 11 am! Open to everyone for only **\$5**. Register through the portal at www.eliteathleticsva.com > Open Gyms.

New **SATURDAY** class offerings! You asked and we listened! Starting October 6th, we will be offering the following classes:



- 9:30-10:30: Lil' Ninjas (ages 3-5)
- 9:30-10:15: Tumblin' Two's (age 2)
- 10:30-11:30: Ninja "Blue" (ages 5-9)
- 10:30-11:15: Preschool (ages 3-5)

Register **NOW** for your **FREE** trial at: www.eliteathleticsva.com > parent portal > classes

Adult Ninja Warrior Thursday Class!



This offering will give adults a full body workout focused on flow of movement, functional strength, agility, and explosive power. Strength building exercises and movement technique will accompany the challenge of facing an array of fun fitness-based obstacles. Class will start: **October 11th from 7:30-8:30 pm**. Register through our website/parent portal or call 434-525-4813

BONUS: Sign up in October and after 3 months your registration fee (\$30) will be refunded to your account!



Open to the Public!

"Pajama Jam Party!" Join us for a "Jam'en" good time at our Saturday morning "Pajama" Party! Wear those

cozy pajama's & slippers! Come for fun, games, karaoke, craft, popcorn and more!

Go to: www.eliteathleticsva.com > Parent Portal menu > SaturdayEvents > Pajama Jam Party. \$15: 1 adult included, \$5/extra adult. (10% sibling discount). **PLEASE** preregister! Additional fee of \$5/child for walk-ins on the day of event.

NEW equipment:



As our programs continue to grow – so do we! New equipment is on order for our Ninja programs! This will increase exploration, strength, fitness and challenges! Log roll, Ninja Window, Beam ramp, rocker table and more...



For our special "2" year olds!

Our Tumblin' Two's class is just what your 2 year old craves! Did you know that Elite has a dedicated room just for 2 year olds? This is a great way for your adventurous child to jump, climb, roll and tumble independently with preschool sized equipment. Various other apparatus is in this room guided by a professionally trained Elite coach!



"Spooktacular" Wear your costume to Elite on **October 20th** from 6-9 pm and come celebrate Fall with us! Bring a change of clothes and

experience a haunted obstacle course, Monster Mash, catch a donut, Halloween games, Pizza and more!

KidzNite is for all kids ages 4+ looking for FUN! To ensure your spot for this exciting adventure, we encourage everyone ages 4+ to sign up early using our Parent Portal: www.eliteathleticsva.com > Parent Portal > KidzNites (\$15 members, \$20 Guests).



Upcoming important dates:

- October Tuesdays: Preschool Open Gym 10am-12
- October 13th: Pajama Jam Party 10am - 11:15am
- October 20th: KidzNite - Spooktacular 6-9 pm