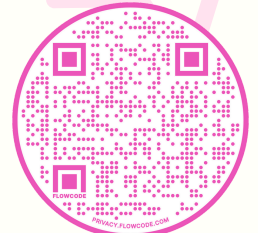


Summer
2026

KAHRS GYMNASTICS ACADEMY



SCAN TO
LEARN MORE



Fundamental Gymnastics Program
Floor Exercise-Bar-Beam-Vault
2.5 Years Old - 8th Grade

VISIT: VISIT: [HTTPS://ANTHONYAKAHR.S.WIXSITE.COM/KAHRSGYMNASTICS](https://anthonyakahrs.wixsite.com/kahrsgymnastics)
CONTACT: [ANTHONYAKAHR.S@GMAIL.COM/\(970\)630-3891](mailto:ANTHONYAKAHR.S@GMAIL.COM/(970)630-3891)

Sparkle &
Shine

Dates:

June 2 - Sparkle Day
June 9 - Crazy Hair Day
June 18 - Neon Color Day
June 25 - Favorite Leotard/Shirt
July 2 - Stars & Stripes Day
July 9 - Favorite Color Day



Show Off Meet - July 11, 2026
Your Day to Sparkle and Shine!
Wear Leotard/Kahrs Gymnastics Shirt
(Dates and Times are Subject to Change)

\$175 -Includes Kahrs Gymnastics T-Shirt

Location

Hornung Residence-2 miles west and 1.5 miles south of Otis

SAFETY GUIDELINES

- **DO NOT WEAR JEWELRY DURING PRACTICE**
- **DO NOT CHEW GUM DURING PRACTICE**
- **WARM UP AND STRETCH PROPERLY BEFORE ATTEMPTING ANY SKILLS**
- **START AND STOP ON SIGNAL FROM INSTRUCTOR**
- **FOR A SKILL THAT NEEDS TO BE SPOTTED, WAIT FOR THE SIGNAL FROM YOUR INSTRUCTOR**
- **ONLY PERFORM SKILLS THAT YOU HAVE BEEN GIVEN PERMISSION TO PERFORM**
- **STAY OFF EQUIPMENT UNTIL THE INSTRUCTOR GIVES PERMISSION**
- **OFFER ENCOURAGEMENT TO OTHERS**
- **FOLLOW TRAFFIC PATTERNS (THE DIRECTION THAT EVERYONE ELSE IS MOVING IN)**

