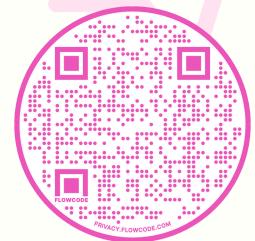


Summer
2026

KAHRS GYMNASTICS ACADEMY



SCAN TO
LEARN MORE



Fundamental Gymnastics Program

Floor Exercise-Bar-Beam-Vault

2.5 Years Old - 8th Grade

VISIT: [HTTPS://ANTHONYAKAHRSS.WIXSITE.COM/KAHRSGYMNASTICS](https://ANTHONYAKAHRSS.WIXSITE.COM/KAHRSGYMNASTICS)

CONTACT: ANTHONYAKAHRSS@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)**

