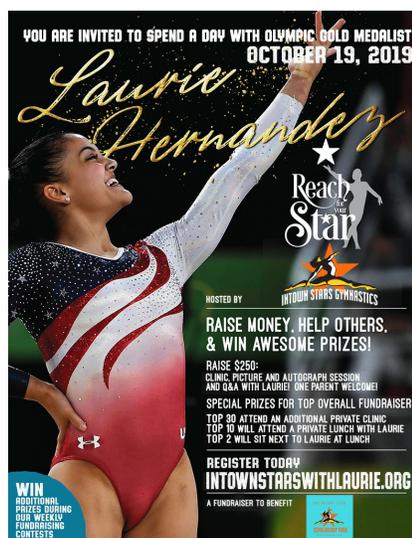




Intown Stars Insider

Laurie Hernandez will be at Intown Stars on Saturday, Oct. 19 to raise money for the Decatur Education Foundation and Bright Star Scholarship Fund and give our athletes a once-in-a-lifetime experience.

Every week there are different fundraisers and contests with unique prizes for our athletes. For \$125, the athlete will participate in a clinic with two-time Olympic medalist Laurie Hernandez. This event is open to all of our athletes and friends outside the gym. Click [here](#) to register and start funding scholarships today!



Your Opinion Matters



Please take a couple of minutes to fill out a survey about your experience with Intown Stars.

Your families make up the best part about Intown Stars Gymnastics. The service and experiences you have in the gym are important for us to hear about. Please take a

Welcome Coach Taylor to the ISG Family!



Taylor McClendon was born and raised in Atlanta, GA and began gymnastics at the late age of 11 in 2001 after playing a number of other sports prior. For 7 years, he competed on the Junior Olympic (J.O.) track in USAG Levels 3-10. In 2008, he would then earn a spot with the University of Iowa Men's Gymnastics Team, training as a specialist on Vault, Still Rings and Floor Exercise with the D1 Hawkeyes. Plagued with injury after injury, his passion ended his career in his Junior year (2010-11), but transitioned from competing to managing the Team and coaching gymnastics over the summers at his local YMCA in Peachtree Corners, GA.

After obtaining his Civil Engineering degree, Taylor returned to Atlanta to work as a Project Engineer & coach at a number of Atlanta Programs--helping build State & Region-wide Champions at both the Compulsory & Optional Levels. Using his technical background and expertise, he acquired a unique style of teaching as well as spotting that explains the science/kinesiology of gymnastics to both adults and children; emphasizing technique first and amplitude second.

Taylor's hobbies include following international gymnastics, playing Flag Football with his Travel Team, working out, educational TV, eating out, binging Netflix, spending time with family & friends and his friendly dog, Limah.

Check out our progress: ISG Renovations



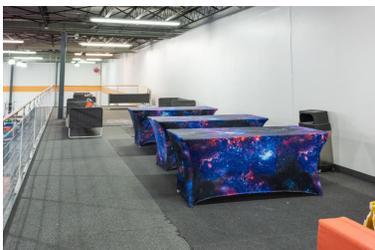
Kids Club framework



Mezzanine level addition



Painting of kids club and railing for mezzanine level



Upper Deck Parent Seating



Back floor view from parent seating area



Gym front view from mezzanine level

Want to get more time in the gym? Our clinics are now 2x a month!

This first month's beginner clinic will focus on skills on the beam. After that will be a KIP clinic.

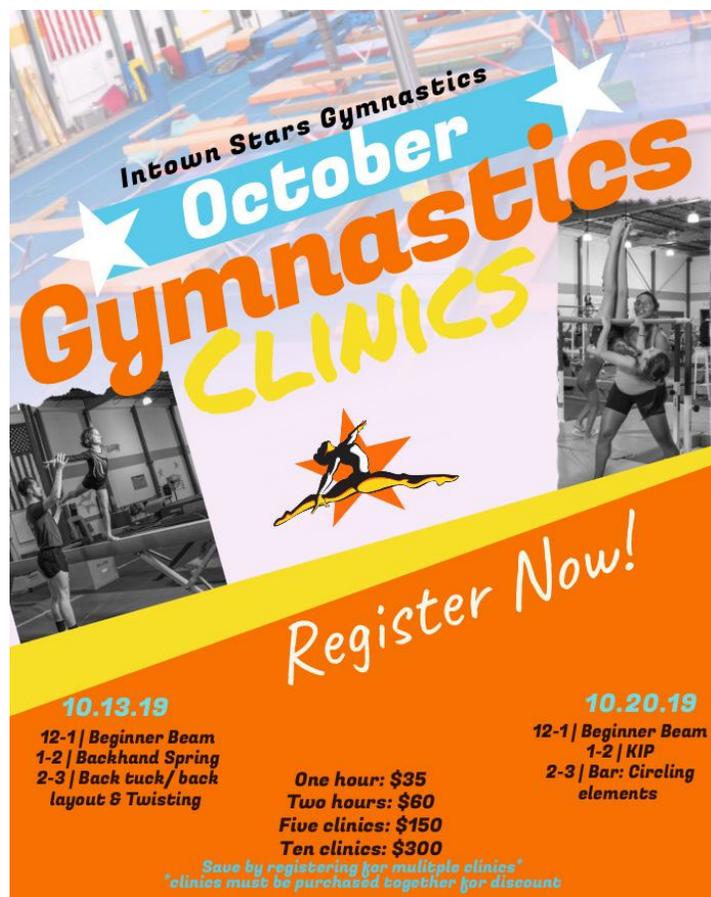
The KIP is an important skill that is used as both a mount and an element or connecting skill in a bar routine.

The advanced clinics will focus on back tucks, back layouts and twist.

The second of October clinic will start with our famous Back Handspring Blast clinic. The back handspring clinic will focus on learning or perfecting a back handspring.

This clinic will be followed by a bars clinic. We will hone our back-hip circles, free hips, baby giants, and giants.

You can sign up through the Parent Portal.



Intown Stars Gymnastics
October
Gymnastics
CLINICS

Register Now!

10.13.19
12-1 | Beginner Beam
1-2 | Backhand Spring
2-3 | Back tuck/ back layout & Twisting

10.20.19
12-1 | Beginner Beam
1-2 | KIP
2-3 | Bar: Circling elements

One hour: \$35
Two hours: \$60
Five clinics: \$150
Ten clinics: \$300

Save by registering for multiple clinics
clinics must be purchased together for discount



\$70
DAILY

Intown Stars Gymnastics
Fall Holiday
Camp

Decatur
October 10, 11, & 14th
Grant Park
October 14th & 15th

SPACES
AVAILABLE

REGISTER ONLINE
INTOWNSTARSGYMNASTICS.COM

[Register Now!](#)

Sunday Parent Afternoon

OUT!



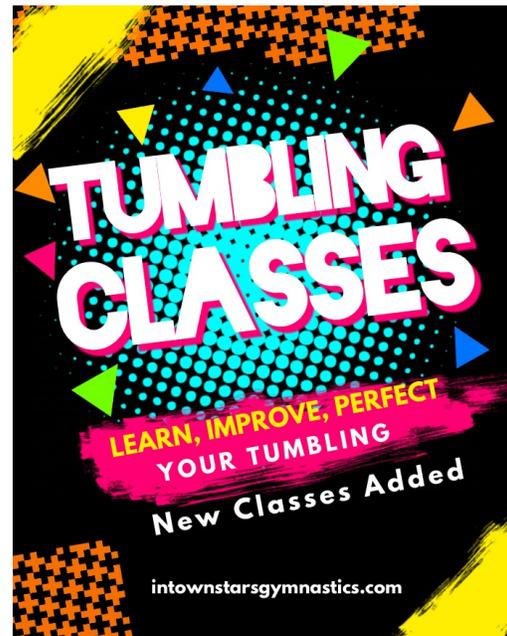
10.6.19 & 10.20.19
12 p.m. - 2 p.m.
Ages 5+
\$20/child | \$15/additional child

Need a little time to run errands? Grab lunch with a friend? Self-care? Or does your kiddo need a break from the siblings? Sign up for Parents Afternoon out and let your kid burn their energy with two full hours of free play with us! We'll serve up some snacks and drinks and have games for all ages.

Now offering more Tumbling classes!

If you are looking to learn, improve and perfect your tumbling we have you covered! We now have additional classes to fulfill all tumbling needs. These classes are a perfect complement to current gymnastics classes or as a stand alone option.

Enroll Now



NOW PICKING UP FROM



FOR MORE DETAILS EMAIL
KIDSClub@INTOWNSTARSGYMNASTICS.COM

Kids Club is now picking up from Talley Street.

ISG Kids Club provides transportation from school to Intown Stars Gymnastics, for children to enjoy a balance of structure and free play in a healthy, screen-free, candy-free environment. Children will enjoy supervised free play on gymnastics equipment to expend their energy after a long day at school; cozy spots for quiet time, reading and homework; high quality, fun games and crafts, and time with our fantastic Kids Club staff.

Refer a friend and receive a \$25 credit.

[More details here!](#)

AGES
5+

HALLOWEEN

Parent's Night Out

COSTUMES ● FUN ● GAMES

Decatur | Oct 11 Grant Park | Oct 25

6:00 p.m. - 10:00 p.m.

\$35 | Child + \$20 | Sibling

Register online at intownstarsgymnastics.com

Halloween Parents' Night Out

Ready for a night out or just off? Drop your kids off at this month's Parents' Night Out. We'll watch the kids until 10 p.m. while you enjoy a night on the town or a quiet night in. We have dinner, fun, games and gymnastics covered.

It is \$35 a child and \$20 for siblings. The event is open to kids 5 and older. **Make sure to register early as space fills quickly!** To register, visit the **Parent Portal**.

Upcoming Open Gym Times

Want to work on your skills outside of class? Join us for open gym at our Decatur (10/20 112p.m.-2 p.m.) or Grant Park locations (10/25 5:30 p.m.-6:30 p.m.), this month . FREE for currently enrolled students.

*Parent supervision required.

Drop offs will be checked into PAO and charged \$20* (Decatur

Location Only*)



GYM CLOSURES

OCTOBER 31ST

NO CLASSES

After 3:00 p.m.

Tumble Time and Morning classes will happen as normal



intownstarsgymnastics.com

ISG will be close October 19, 2019...

So our gymnast can meet



Laurie Hernandez



NOW OFFERING
TUMBLE TIME AND
EARLY AFTERNOON
BIRTHDAY PARTIES

WEEKDAY PARTIES

10% off parties booked during October & November



VISIT OUR WEBSITE FOR MORE DETAILS
WWW.INTOWNSTARGYMNASTICS.COM

SHARE THE GIFT OF KNOWLEDGE.

Donate Your Old Books to the Kids Club

Drop off your new and
gently-used books at the
Kids Club area.

