



Where Kids Get a Jump on Life!

**METRODANCE**  
ACADEMY  
LEARN • TRAIN • GROW

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](https://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!

If you have a special memory or fun story about Metro, please email [annettem@metrogymnastics.com](mailto:annettem@metrogymnastics.com) and this will be passed on to David!



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

## Gymnastics: a sport for all sports

By ANDY SLOOP  
Gymnastics is a sport for all sports, according to Bruce Elwood, co-owner of Metro Gymnastics, a new private gymnastics club 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 3,500 private gymnastics clubs nationwide, and one of the newest in Oregon. Private gymnastics clubs have proliferated in Oregon since most schools dropped the sport from their physical education programs five years ago. Despite school cutbacks, however, demand for youth gymnastics 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 Elwood. He and his partner, David Klein, former teammates on Portland State University's intercollegiate gymnastics squad and instructors at the Oregon Gymnastics Academy in Beaverton, didn't respect

people can run and throw, Elwood said, but "it is not natural for the body to be standing on it's hands." Kids who can tackle the physical and psychological challenges of gymnastics find the activity fulfilling because it makes them feel good about themselves, Elwood said. "Gymnastics is the fastest self-esteem builder I've ever seen because it forces you to concentrate," he said. "Kids are very physical and we need to take that into account in building self-esteem." Metro's goal is to get kids through the basic-skills stages so that they can feel the satisfaction that comes with that accomplishment. "A lot of kids aren't going to be great gymnasts. We recognize that," Elwood said. "But they can learn to feel better about themselves by becoming above average athletes." Since getting started is one of the hardest parts about gymnastics, Metro tries to make that process as easy as possible. "We do it in such a way here that a kid is never embarrassed and it's easy enough so a kid can grow in stages," Elwood said. Metro has two basic programs: "Mini masters" and "Masters."



# 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!



METRO DANCE ACADEMY  
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LET'S GROOVE:  
**HIP-HOP**  
DANCE CAMP

**JULY 8-11**  
Age 6-11 | \$175

CAMP • HIP-HOP DANCE CAMP • HIP-HOP DANCE CAMP • HIP-HOP DANCE CAMP

The poster features a vibrant, colorful background with a pink and purple palette. It includes a boombox and musical notes. The Metro Dance Academy logo is in the top left corner.



FROZEN FRIENDS:  
**PRINCESS**  
DANCE CAMP

**July 15-18**  
Age 5-9 | \$175

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The poster has a blue and white winter theme with snowflakes and a castle illustration. The Metro Dance Academy logo is in the bottom right corner.

# ENROLL ONLINE NOW!



**T-SWIFT:**  
**THE ERAS DANCE CAMP**

2 CAMP OPTIONS:

**WEEK 1:**  
JULY 22-25  
AGE 7-12 • \$175

**WEEK 2:**  
AUGUST 5-8  
AGE 7-12 • \$175

T-Swift Dance Camp  
Metro Dance Academy

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The poster has a purple and pink background with a smartphone graphic showing a playlist of T-Swift's eras. The Metro Dance Academy logo is in the bottom right corner.



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**Pop Divas:**  
**GLITZ & GLAM JAM**  
DANCE CAMP

**August 12-15 | Age 7-12 | \$175**

The poster features a black background with purple and pink silhouettes of dancers and a starburst effect. The Metro Dance Academy logo is in the top left corner.

**METRODANCE**  
ACADEMY

# LIVE YOUR *Dream*



## **2024 Spring Dance Showcase Updates:**

### **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](mailto:annettem@metrogymnastics.com) or [danceatmetro@gmail.com](mailto: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](https://MetroDanceAcademy.com/springshowcase)

## 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 policies, please visit the **Customer Portal & Policies** pages at [MetroDanceAcademy.com](https://MetroDanceAcademy.com) and [MetroGymnastics.com](https://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](https://www.MetroGymnastics.com) | [www.MetroDanceAcademy.com](https://www.MetroDanceAcademy.com)



Follow Us on Social Media!

@metrogymnastics @metrodanceacademy

