

Anuenue Olelo

Rainbowgymnastics808/instagram website: Rainbowgym.com email: info@rainbowgym.com rainbowgym808/facebook OCT. 2022

October

Su	Mo	Tu	We	Th	Fri	Sat
	9/27	8/28	8/29	8/30	1	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24					

November

Su	Mo	Tu	We	Th	Fri	Sat
		25	26	27	28	29
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	

December

Su	Mo	Tu	We	Th	Fri	Sat
						11/26
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	

**RAINBOW GYMNASTICS FOUNDATIONS PROGRAM WILL BE CLOSED
NOVEMBER 22-25
DECEMBER 24 - JANUARY 2**



Rainbow Gymnastics Academy
Hawaii Raised Poinsettia Blossoms Fun Raiser



6 1/2 " Potted Flowers - Foil Wrapped
Continuing Beautiful Traditions * Supporting Local
Sharing with friends and family!

Poinsettia Plant \$15.00 each

Sunday, November 27, 2022

Sales or Unsold Tickets Due
Payable to Rainbow Gymnastics

Sunday, December 4, 2022

9:00am - 2:00pm Pick Up at Rainbow

TICKETS WILL BE DISTRIBUTED DURING CLASS TIME. MAHALO FOR YOUR KOKUA!

Rainbow Gymnastics
Est. September 1985

Professional Quality Gymnastics Training
Where Fitness is Fun

Mahalo Rainbow's
For your Smiley Faces in the GYM
Bee Happy

***Keep on Dreamin * Believin * Achievin ***

Rainbow Gymnastics Hoku^(star) Eval

"Successful Techniques for All-Around Rewards"

A, B, C's - 1, 2, 3's

Foundations of Fitness in Gymnastics

Athleticism, Balance, Confidence

Mission

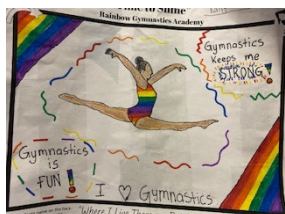
"Educational and Individual Athletic Progress"

Event Skills

Vault, Bars, Beam, Floor, Shape, Flexibility

October 17-30

Held During Class time—Must be present to participate





OCTOBER LESSON PLAN "ITSY BITSY SPIDER"



SMALL BUT MIGHTY...SPIDER SIDE CRAWLERS AND PUMPKIN ROLLERS, PUMPKIN PATCH ZIG ZAGERS, CARTWHEELERS OVER A WEB, IMILOA RAINBOW'S DEMONSTRATE STRENGTH AND AGILITY IN VARIOUS WAYS FRIENDS WELCOME TO WEAR



A COMFY FAVORITE COSTUME OCT. 24 - 31. SO FUN!!!

CLASSES WILL BE IN SESSION ON MONDAY OCT. 31.

ENJOY MANY, SO FUN SURPRISES



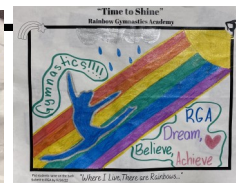
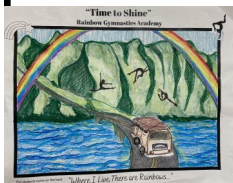
"TIME TO SHINE" WHERE I LIVE THERE ARE RAINBOWS

Rainbow's tots to teens, submitted beautiful drawings that express personal "why n how" benefits of gymnasts as well as Aloha Aina, (Love of Hawai'i Land) ALOHA WEEK 22' Theme.

Take time to drop by to enjoy Rainbow Keiki's unique artistic expressions.

Winners and Prizes will be awarded shortly. Mahalo for your patience

Mahalo Nui Loa for participating in RGA's Anniversary Celebration Time To Shine Activity.



LET IT SHINE RAINBOWS Anuenue Po'okela - MADISON KAHEAKU

AS 22' CREEPS BY, BLASTING INTO 23'

MADISON ANTICIPATES THE UPCOMING SEASON AS LEVEL 9 * GRADUATING FROM MARYKNOLL HS. MADI aka KAHEAKU BEGAN RAINBOW GYM IN OCT. 2012 CELEBRATING 10yrs. YAY KAHEAKU!

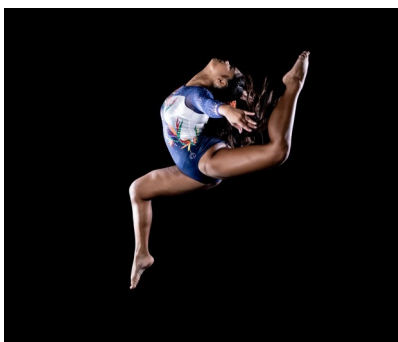
Madi is a GREAT gymnast, teammate and friend.

22' State Level 8 GOLD Medalist Vault, Floor, All-Around, SILVER MEDALIST Bars, Beam She also represented Hawaii All-Star Regional Team and earned Bronze on Bars with 36.425AA

Madison Kaheaku is a Rainbow who shines on and off the podium as she strives to train for 22-23 season, balancing senioritis and college aspirations. Behind every Shining Star are STARS that "Light the Way". Madi's mom Nani and her Ohana attend every meet, travelling across the US cheering on every Rainbow Gymnast with such Pride and Aloha. Rainbow is so thankful for Madison Kaheaku and Ohana for Let it Shine Longevity in Sport, Leadership and Team Spirit!



DREAMIN * BELIEVIN * ACHIEVIN



Let's GO Kaheaku Let's GO!