



PLEASE JOIN US:

**DRAGON'S TORCH:
FLAMES INVITATIONAL**

- JANUARY 13–15 2023 •
- (Levels 2 - 10 & XCEL)

STARS & STRIPES

- OCTOBER 7-8 2023 •
- (Levels 2 - 5)

Invitational to be hosted at the Renaissance Hotel in Glendale, AZ and includes:

- ◆ Great gymnast goodies bags
- ◆ Coaches gift
- ◆ Free giveaways to audience
- ◆ State of the art venue
- ◆ AAI equipment

Interested? Contact us at: **623-875-7777** or email: flamesgym@gmail.com to register today.

Registration forms may also be downloaded at our website: www.flamesgymnastics.com

