

# AAU Gymnastics

LEVELS  
**ALL**  
AGE GROUP  
**YOUTH & ADULT**

**MAY 31 - JUNE 2  
2024**

**\$95 /\$110/\$125**

- \$95 PRE-REG RATE DUE BY FEB 28
- \$110-REG RATE DUE BY APRIL 15
- \$125 LATE REG. SUBJECT TO AVAILABILITY

**REGISTER THROUGH MEET MAKER!**

[HTTP://WWW.MEETMAKER.COM/MEETDETAILS?](http://WWW.MEETMAKER.COM/MEETDETAILS?EID=8352)

EID=8352

XTREME GYMNASTICS HOSTS:

## AAU MIDWEST REGIONALS

### GREENSFELDER RECREATION COMPLEX AT QUEENY PARK

550 WEIDMAN RD,  
MANCHESTER, MO 63011.

**Jessica Walker-Luce**  
**xtremegympb1@gmail.com**  
**573-429-2555**

**Awards: 50% + 1 events, 100% all-around**

**Judges: NAWGJ 2 judge panels**



**SAVE THE  
DATE!**

#### HOST HOTEL INFORMATION

##### MARRIOTT ST LOUIS WEST

BOOKING LINK: [HTTPS://WWW.MARRIOTT.COM/EVENT-  
RESERVATIONS/RESERVATION-LINK.MI?  
ID=1695412428476&KEY=GRP&APP=RESVLINK](https://www.marriott.com/event-reservations/reservation-link.mi?ID=1695412428476&KEY=GRP&APP=RESVLINK)

##### DOUBLETREE CHESTERFIELD

BOOKING LINK:  
[HTTPS://GROUP.DOUBLETREE.COM/KZK2GL](https://group.doubletree.com/kzk2gl)

AVAILABLE TO BOOK THROUGH APRIL 30

**HOTELS ARE APPROXIMATELY 5 MILES FROM QUEENY PARK**

This event is licensed by the Amateur Athletic Union of the U. S., Inc. All participants must have a current AAU membership. AAU membership may not be included as part of the entry fee to the event. AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. BE PREPARED: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at the event. Please allow up to 10 days for membership to be processed. Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.



# FUN

## THINGS TO DO FOR FAMILIES



### MAGIC HOUSE

At The Magic House, little kids can go on a cool adventure! They get to play in a mini village, check out awesome science stuff, and even pretend to be a doctor or vet. Plus, there's a fun area that changes all the time to show what life is like in other countries—like what food they eat and the houses they live in!

### ST LOUIS ARCH

Hop on a tram for a journey to the summit of this shining 630-foot monument. Once you snugly fit into a modern five-person pod, it's a four-minute ascent.

From the top, little windows unveil breathtaking views of the Old Courthouse, downtown St. Louis, and the vast expanse westward to the Mississippi River and Illinois on the east. As tickets tend to sell out, make sure to secure your spots in advance.



### ST LOUIS ZOO

St. Louis is a hotspot for furry, flying, and fishy friends just waiting to say hello. The Endangered Wolf Center in Eureka, a hidden gem in the area, is dedicated to saving and protecting wild canids. Take a daytime tour to catch a glimpse or join a nighttime howl to hear these amazing creatures. On the flip side, the Saint Louis Zoo, a popular spot in Forest Park, offers enchanting animal encounters. Renowned for its work in animal management, research, conservation, and education, the zoo treats visitors to scenes of bears splashing in plunge pools, monkeys swinging from trees, and penguins squawking for more fish.

### CITY MUSEUM

Step into a world of surprises at City Museum! Located in a massive 600,000-square-foot warehouse that used to be a shoe company, this architectural playground is for all ages. Immerse yourself in the adventure by climbing into a whale's mouth, zooming down a 10-story slide, and even taking the controls of a suspended airplane.



**2024 AAU MIDWEST REGIONALS**



# FUN

## THINGS TO DO FOR FAMILIES



### SIX FLAGS

Take flight into the air, glide like a bat, reach new heights, navigate through whitewater rapids, and let out your loudest screams! Situated in Eureka, Six Flags St. Louis offers thrilling attractions that cater to adventure enthusiasts of all ages.

### SCIENCE CENTER

Get ready for some awesome scientific fun in St. Louis! The Saint Louis Science Center, located in Forest Park and totally free, is all about those 'Aha!' moments. From experimenting with physics to encountering a life-size animatronic T. rex, gazing at the night sky, and even building a mini Gateway Arch, you'll be asking and answering tons of questions on your journey of discovery.



### ST LOUIS CARDINALS

Sports enthusiasts, St. Louis has you covered year-round! Cheer on the 11-time World Series champions, the St. Louis Cardinals, at Busch Stadium or catch the St. Louis Blues in action at Enterprise Center. For a unique baseball experience and creative game-day treats, check out the Gateway Grizzlies. Soccer fans can enjoy epic shows from St. Louis CITY SC, while the St. Louis Battlehawks bring football back to the city, and the St. Louis Surge lights up the court. With events happening every month, experience true team spirit in this genuine sports city!

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