



FOR IMMEDIATE RELEASE

October 3, 2025

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Stevens Point Area YMCA Hosts Annual Gymnastics SPIRITS Invitational October 17-19

STEVENS POINT, WI — The Stevens Point Area YMCA is proud to host its annual Gymnastics SPIRITS Invitational from Friday, October 17 through Sunday, October 19, 2025, at the Stevens Point Area YMCA, located at 1000 Division Street. This exciting three-day event will bring together 10 YMCA gymnastics teams from across Wisconsin, with more than 400 gymnasts competing in a variety of levels, including USGA Levels 1-8 and Xcel Levels Silver through Diamond.

The invitational will feature competitions on Friday evening from 5:45 to 9:15 PM, all day Saturday from 8:00 AM to 7:30 PM, and Sunday from 8:00 AM to 6:00 PM. Admission is just \$4 for adults and \$2 for children, and no registration is required. Families, friends, and community members are encouraged to attend and cheer on the gymnasts as they showcase their hard work, talent, and dedication.

“Our gymnasts have worked hard all season, and this invitational is their chance to shine,” said Kristy Bridenhagen, Gymnastics Director at the Stevens Point Area YMCA. “We’re thrilled to welcome teams from across the state and invite our community to cheer on these incredible athletes.”

The invitational highlights the YMCA’s commitment to strengthening community by empowering young people and fostering inclusive spaces where everyone can thrive. Attendees will experience an atmosphere of

energy and encouragement as gymnasts of all levels demonstrate their growth and achievements.

For details on specific competition times, volunteer opportunities, or additional event information, community members can contact Kristy Bridenhagen at 715.952.9365 or kbridenhagen@spymca.org. The Stevens Point Area YMCA invites the entire community to join in filling the stands and showing support for these remarkable athletes.

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About the Stevens Point Area YMCA

The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living, and social responsibility. Serving Portage County for more than 55 years, the Stevens Point Area YMCA has the long-standing relationships and physical presence not just to promise, but to deliver lasting personal and social change. Learn more at spymca.org.