

empowerHER invite

SEPTEMBER 19-20, 2026

Estero Recreation Center

9200 Corkscrew Palms Blvd,
Estero, FL 33928, United
States

Admission \$20 Adults
\$10 Children Ages 5-12

Saturday September 19, 2026

Session 1

USA Level 1

10:00am General Stretch
10:15am Warm up
10:30am Compete
11:45am Individual & Team
Awards

Session 2

USA Level 2

12:00pm General Stretch
12:15pm Warm up
12:30pm Compete
3:00pm Individual & Team
Awards

Session 3

USA Bronze ALL

USA Silver ALL

3:00pm General Stretch
3:15pm Warm up
3:30pm Compete
5:45pm Individual & Team
Awards

Sunday September 20, 2026

Session 4

USA Level 3

9:00am General Stretch
9:15am Warm up
9:30am Compete
12:00pm Individual & Team
Awards

Session 5

USAG Level 4 & 5

12:00pm General Stretch
12:15pm Warm up
12:30pm Compete
2:45pm Individual & Team
Awards



**All Sessions are Modified
Capital Cup Format.**

Meet Director

Kendall Croy- Premier Gymnastics
PremierGym@gmail.com

Host Hotels

To view accommodation choices and rates:
BOOK HERE

<https://www.premierymnasticsfl.com/empowerherinvite>