



Class schedule 2023-2024

Our Classes

Confidence*Coordination*Concentration*FUN

Our program is open to boys and girls at all levels of gymnastics experience, beginner to advanced, with desire to learn gymnastics. At Mid-Atlantic Gymnastics Center (MAGC) we have created an atmosphere both challenging and enjoyable, designed to develop each student's physical and mental abilities to the fullest, while instilling positive life-long attitudes toward every aspect of themselves. Classes are grouped by age, skill level and ability.

- **Tiny T's - (Children 18-36 Months)**

A lively introduction to the world of movement with parent/guardian participation. Teaches basic gymnastic techniques and movement necessary to any future physical activity. Level-appropriate equipment use. ½ hour class per week

- **Tigers & Kangaroos - (Pre-school ages 3-4 and 4-5)**

A playful yet well-designed class for preschoolers to develop coordination and concentration at a time that is so important for long-term sports development. Level-appropriate equipment use. Student/teacher ratio 6/1 for ¾ hour or 8/1 for 1 hour class per week

- **Tenderfoot - (Kindergarten ages 5-6)**

A confidence-building experience with exploration of movement on all apparatus, using basic skills to create simple gymnastic combinations. Student/teacher ratio 9/1 for 1 hour class per week.

- **Girls and Boys - (6½ years and older)**

Tailored to the individual student's needs, with emphasis on learning and fun. Classes grouped by age and ability. Beginner to intermediate levels. Student/teacher ratio 9/1. Class length varies between 1 hour, 1¼ and 1½ hours depending on skill level.

- **Ninja Training - (Ages 5 - 14)**

The purpose of this class is to move fluidly through a series of obstacles with power, agility and grace. The young ninjas will learn techniques to vault, roll, jump, spin and flip in a fun and exciting form of exercise. Utilizing our safety mats and our gymnastics equipment as obstacles, the young ninja's movement abilities will grow through safe, fun and exciting challenges. Student/teacher ratio 9/1 for 1 hour class per week.

Attire:

In the interest of safety and mobility we require appropriate clothing for all class activities. Leotards, gym-shorts with t-shirts, or sweat clothing are acceptable attire. T-shirts should be tucked in. Bare feet are required. Long hair must be tied back. BRING YOUR OWN HAIRTIES!! No dangling earrings or jewelry- INCLUDING SMART WATCHES, no tights with feet, and no shorts with zippers/buttons.

Coaching/Commenting/Disciplining from the waiting area is prohibited. This is not safe for participants & distracting for instructors, please wait until after class ☺

-----more info on reverse-----➔

MONDAY

10:00-10:30 Tiny T's
 10:45-11:30 Pre-school: Tigers & Kangaroos
 11:45-12:30 Pre-school Tigers & Kangaroos
 12:45-1:30 Pre-school: Tigers & Kangaroos
 4:30-5:30 Pre-school: Tigers & Kangaroos
 Tenderfoot, Girls & Boys 6 ½-14
 5:40-6:40 Pre-school: Tigers & Kangaroos
 Tenderfoot, Girls & Boys 6 ½-14
 7:00-8:00 Girls & Boys Ninja 5-14

TUESDAY

9:45-10:30 Pre-school: Tigers & Kangaroos
 10:45-11:30 Pre-school: Tigers & Kangaroos
 10:45-11:45 Homeschool ages 5-14
 12:00-12:45 Pre-school Tigers & Kangaroos
 4:40-5:40 Pre-school: Tigers & Kangaroos
 Tenderfoot, Girls & Boys 6 ½-14
 5:50-6:50 Pre-school: Tigers & Kangaroos
 Tenderfoot, Girls & Boys 6 ½-14
 7:00-8:15 Girls & Boys Accelerated
 (by interview)

WEDNESDAY

10:00-10:30 Tiny T's
 10:45-11:30 Pre-school: Tigers & Kangaroos
 11:45-12:30 Pre-school: Tigers & Kangaroos
 3:20-4:20 Pre-school: Tigers & Kangaroos
 Tenderfoot, Girls & Boys 6 ½ -14
 4:30-5:30 Pre-school: Tigers & Kangaroos
 Tenderfoot, Girls & Boys 6 ½-14
 5:40-6:55 Girls & Boys Accelerated 5-10
 (by interview)
 7:05-8:05 Tenderfoot, Girls & Boys 6 ½-14

THURSDAY

9:45-10:15 Tiny-T's
 10:30-11:15 Pre-school: Tigers & Kangaroos
 11:30-12:15 Pre-school: Tigers & Kangaroos
 11:30-12:30 Homeschool ages 5-14
 12:45-1:30 Pre-school: Tigers & Kangaroos
 4:40-5:40 Pre-school: Tigers & Kangaroos
 Tenderfoot, Girls & Boys 6 ½-14
 5:50-6:50 Pre-school: Tigers & Kangaroos
 Tenderfoot, Girls & Boys 6 ½-14
 7:00-8:30 Girls & Boys Advanced
 (by interview)

FRIDAY

7:00-8:30 PRIVATE GROUPS/LESSONS
Cheer Tumble & Adult Tumble

SATURDAY

8:00-8:30 Tiny-T's
 8:35-9:05 Tiny-T's
 9:15-10:15 Pre-school: Tigers & Kangaroos
 Tenderfoot, Girls & Boys 6 ½-14
 10:25-11:25 Pre-school: Tigers & Kangaroos
 Tenderfoot, Girls & Boys 6 ½-14
 11:30-12:30 Open Gym

SUNDAY

8:30-9:00 Tiny-T's
 9:05-9:35 Tiny-T's
 9:45-10:45 Pre-school: Tigers & Kangaroos
 Tenderfoot, Girls & Boys 6 ½-14
 10:55-11:55 Pre-school: Tigers & Kangaroos
 Tenderfoot, Girls & Boys 6 ½-14

Must have 4 or more students enrolled to hold a class, we regret you may be asked to choose another day/time. We may also add classes per inquiry ☺

Session Dates

Monday

Session #1 September 11th – October 23rd (7 weeks)
Session #2 October 30th – December 18th
Session #3 January 8th – February 19th (7 weeks)
Session #4 February 26th – April 22nd
Session #5 April 29th – June 10th (6 weeks)

Tuesday

Session #1 September 5th – October 24th
Session #2 October 31st – December 19th
Session #3 January 2nd – February 20th
Session #4 February 27th – April 23rd
Session #5 April 30th – June 11th (7 weeks)

Wednesday

Session #1 September 6th – October 25th
Session #2 November 1st – December 20th
Session #3 January 3rd – February 21st
Session #4 February 28th – April 24th
Session #5 May 1st – June 12th (7 weeks)

Thursday

Session #1 September 7th – October 26th
Session #2 November 2nd – December 21st (7 weeks)
Session #3 January 4th – February 22nd
Session #4 February 29th – April 25th
Session #5 May 2nd – June 13th (7 weeks)

Friday

Session #1 September 8th – October 27th
Session #2 November 3rd – December 22nd (7 weeks)
Session #3 January 5th – February 23rd
Session #4 March 1st – April 26th
Session #5 May 3rd – June 14th (7 weeks)

Saturday

Session #1 September 9th – October 28th
Session #2 November 4th – December 23rd (7 weeks)
Session #3 January 6th – February 24th
Session #4 March 2nd – April 27th
Session #5 May 4th – June 15th (6 weeks)

Sunday

Session #1 September 10th – October 29th
Session #2 November 5th – December 24th (7 weeks)
Session #3 January 7th – February 25th
Session #4 March 3rd – April 28th
Session #5 May 5th – June 16th (6 weeks)

Class Fees

Based on length of class & length of session:

Class Length	8weeks	7weeks	6weeks
½ Hour	125.00	109.50	94.00
¾ Hour	150.00	131.50	112.50
1 Hour	150.00	131.50	112.50
1 ¼ Hour	170.00	149.00	127.50
1 ½ Hour & Ninja	185.00	162.00	139.00

- *Payment for continuing session due 2 weeks prior to start date or automatically forfeit spot in class*
- *10% sibling discount/multi day enrollment*
- *Trial classes are available for a class fee*
- *Open Gym \$15/child*

***\$30 Registration Fee is due at sign-up,
every year (Sept-June)***

Holiday Closings

Opening Day

Tuesday Sept. 5th

Thanksgiving

Thurs, Nov. 23rd – Sun, Nov. 26th

Winter Break

Mon, Dec. 25th – Mon, Jan. 1st

Spring Break

Thurs, March 28th – Wed, April 3rd

Memorial Day

Sat, May 25th – Mon, May 27th

Make-Up Policy

Make-ups are limited to ONE Make-up PER SESSION but are not guaranteed due to lack of space in our program. Make-ups need to be scheduled within the same session and only if there is a space available in another class of the same level. If you know your child(ren) will be missing a class you may schedule the make-up prior to the absence. A missed makeup class MAY NOT be rescheduled. No refunds, pro-rates or credits for missed classes. This includes unforeseen injuries, illnesses, weather closings or pandemics. Conflicts with schedules, loss of interests, injuries or other activities are not eligible for credits or refunds; make up classes ONLY! MAGC must be notified for any missed classes within 24 hours. If not notified, the above policy for a makeup is exempt. Any credits given must be used within same fiscal year.*Withdraw in first week 50% of payment**Withdraw after first week, no refund***Returned payments of any kind \$35 charge

PRIVATE LESSONS

Lessons are scheduled outside of class times with preferred instructor. Fees are dependent on length of lesson, number of participants & instructor.

Birthday Parties

Saturday & Sunday afternoons,
1.5 hours, 15 kids,
Please ask for more information
@desk!