



SUMMER Schedule 2024

8 Weeks: June 17th - August 10th

Our Classes

Confidence*Coordination*Concentration*FUN

TUESDAY

9:00-9:30 Tiny T's
 9:40-10:40 Pre-school: Tigers & Kangaroos
 Tenderfoot, Girls & Boys 6 ½-14
 10:50-11:50 Pre-school: Tigers & Kangaroos
 Tenderfoot, Girls & Boys 6 ½-14
 4:00-5:00 Pre-school: Tigers & Kangaroos
 Tenderfoot, Girls & Boys 6 ½-14
 5:10-6:10 Pre-school: Tigers & Kangaroos
 Tenderfoot, Girls & Boys 6 ½-14
 6:30-7:30 Girls & Boys Ninja 5-14

WEDNESDAY

4:00-5:00 Open Gym
 5:15-5:45 Tiny T's
 5:55-6:55 Pre-school: Tigers & Kangaroos
 Tenderfoot, Girls & Boys 6 ½-14
 7:05-8:05 Tumbling Class

THURSDAY (7 weeks, closed July 4th)

9:00-9:30 Tiny T's
 9:40-10:40 Pre-school: Tigers & Kangaroos
 Tenderfoot, Girls & Boys 6 ½-14
 10:50-11:50 Pre-school: Tigers & Kangaroos
 Tenderfoot, Girls & Boys 6 ½-14
 4:00-5:00 Pre-school: Tigers & Kangaroos
 Tenderfoot, Girls & Boys 6 ½-14
 5:10-6:10 Pre-school: Tigers & Kangaroos
 Tenderfoot, Girls & Boys 6 ½-14
 6:20-7:50 Girls & Boys Accelerated &
 Advanced (by interview)

SATURDAY

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

CAMPS

MINI CAMP WEEKS

M,W,F 9am-3pm

June 24, 26, 28th

July 8, 10, 12th

July 22, 24, 26th

August 5, 7, 9th

MEGA CAMP WEEK

M-F 9am-3pm

August 12-16th

Classes are grouped by age, skill level & ability. Must have 4 or more students enrolled to hold a class/camp. we regret you may be asked to choose another day/time. We may also add classes per inquiry.

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 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 9/1for 1 hour class per week.

CAMPS – (Entering kindergarten & Up)

All levels of gymnastic experience, beginner to advanced with a desire to learn gymnastics. Every day they will have a morning of gymnastics fun, including bars, trampoline, trapeze, rings, beam, tumbling and more! Later they will have a snack break, followed by a gymnastic game and/or arts & crafts. More gymnastics, then half-hour lunch break, with a movie, and open gym at the end of the each day. **Parents provide a snack, lunch and drinks for child each day.**

-----more information & registration on reverse----->