



Class schedule 2024-2025

MONDAY

10:00-10:30 Tiny T's
 10:45-11:30 Pre-school
 11:45-12:30 Preschool
 4:30-5:30 Pre-school, Tenderfoot, Girls & Boys 6 ½-14
 5:40-6:40 Pre-school, Tenderfoot Girls & Boys 6 ½-14
 6:55-7:55 Girls & Boys Ninja 5-14

TUESDAY

9:45-10:15 Tiny T's
 10:30-11:15 Pre-school
 11:30-12:15 Pre-school
 11:30-12:30 Homeschool Ages 5-14
 12:45-1:30 Pre-school
 4:45-5:45 Pre-school, Tenderfoot, Girls & Boys 6 ½-14
 5:55-6:55 Pre-school, Tenderfoot, Girls & Boys 6 ½-14
 7:05-8:20 Girls & Boys Accelerated *(by interview)*

WEDNESDAY

9:00-9:45 Pre-school
 10:00-10:30 Tiny T's
 10:45-11:30 Pre-school
 11:45-12:30 Preschool
 1:00-1:45 Pre-school
 4:40-5:40 Pre-school, Tenderfoot, Girls & Boys 6 ½-14
 5:50-7:05 Girls & Boys Accelerated 5-10 *(by interview)*
 7:15-8:15 Tenderfoot, Girls & Boys 6 ½-14
Tumble/Acro/Dance

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 ☺

THURSDAY

9:45-10:15 Tiny T's
 10:30-11:15 Pre-school
 11:30-12:15 Preschool
 11:30-12:30 Homeschool Ages 5-14
 12:45-1:30 Pre-school
 4:45-5:45 Pre-school, Tenderfoot, Girls & Boys 6 ½-14
 5:55-6:55 Pre-school, Tenderfoot, Girls & Boys 6 ½-14
 7:05-8:35 Girls & Boys Advanced *(by interview)*

FRIDAY

3:00-8:00 *Private lessons & Events*

SATURDAY

8:30-9:00 Tiny-T's
 9:05-9:35 Tiny-T's
 9:45-10:45 Pre-school, Tenderfoot, Girls & Boys 6 ½-14
 10:55-11:55 Pre-school, Tenderfoot, Girls & Boys 6 ½-14
 12:00-7:00 *Private Lessons & Birthday Parties*

SUNDAY

8:45-9:15 Tiny-T's
 9:25-10:10 Preschool
 10:25-11:25 Pre-school, Tenderfoot, Girls & Boys 6 ½-14
 11:30-12:30 Open Gym
 12:30-5:30 *Private Lessons & Birthday Parties*

SCAN BELOW TO REGISTER!



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 - (Ages 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.

- **Tumble/Acro/Dance - (Ages 6 years and older)**

A special class just for those students who may want extra tumbling instruction while incorporating beginner acro and gymnastic dance. All levels of experience welcome. Classes will work on trampoline, tumbl trak, mini-tramp, and floor. Tumbling skills will be emphasized. 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-----➔