

# Just Rolling Along Newsletter

JUST ROLLING ALONG  
www.michiganacademy.com



Michigan Academy of Gymnastics, 5870 N. Hix Road, MI 48185 734-721-4001

## Welcome to the Winter/Spring Session!!

January 25<sup>th</sup> – June 12<sup>th</sup>

We hope your registration went smoothly!

We would like to welcome everyone to our winter/spring session, January 25<sup>th</sup> to June 12<sup>th</sup> 2010.

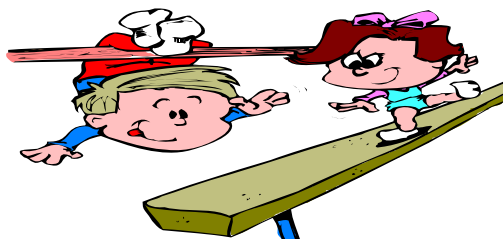
During the first few weeks of the session the instructors will be getting to know your child, and making sure that they are in the correct class. If you have any concerns or questions please let us know.

Our session runs 20 weeks.

During week #14, #15 and #16 all of our students will be tested and instructor recommendations will be mailed out to you. If you have any questions about our program please call the office (734) 721 - 4001

**Payment #2 due  
February 15<sup>th</sup>!**

Car Decal s - Buy 1 Get 1 Free



Fun Fun Fun!  
Kids Night Out

Saturday, February 27<sup>th</sup>

5:30pm – 9:30pm

\$25 per child

Form available @ the office

## Easter Camp

Join Us For Fun Fun Fun!

April 5<sup>th</sup> to April 9<sup>th</sup>

Gymnastics, Crafts, & Games

Daily & Weekly Rates



### \*\*\*PARENT'S INFO\*\*\*

M.A.G. asks that you assist us in keeping classes running smoothly and on time.

Please do the following:

- have long hair tied back
- have your child use the bathroom before class
- no jewelry

# FEBRUARY

## Don't stop at the top

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Welcome to Michigan Academy of Gymnastics	<b>2</b> Practice lunge position and kick up to handstand	<b>3</b> Talk to your friends about gymnastics, and show them your muscles.	<b>4</b> Walk like a bear, from one room to the other.	<b>5</b> Try to do pike and straddle stretches. For 5 min each	<b>6</b> <u>Fitness Saturday.</u> Chin – up, Sit – up, Push – up. Stay strong!
<b>7</b> It is time to clean up your room. Work hard. Keep it Clean.	<b>8</b> Try to do a tuck jump and candlestick.	<b>9</b> Tip - up hold for 5 - 10 sec. Make your mom or dad try also.	<b>10</b> What is your favorite thing about Gymnastics? Show your friend.	<b>11</b> Hop on one foot from room to room.	<b>12</b> Did you thank your coach this week?	<b>13</b> <u>Fitness Saturday.</u> Chin – up, Sit – up, Push – up. Stay strong!
<b>14</b> 	<b>15</b> V – sit hold for 15 sec. Try to hold as long as you can.	<b>16</b> How many push – up can you do?	<b>17</b> Try sit-ups, do as many as you can	<b>18</b> Do some bridges, and hold for 10 seconds.	<b>19</b> Practice tuck, pike, and straddle jumps.	<b>20</b> <u>Fitness Saturday.</u> Chin – up, Sit – up, Push – up. Stay strong
<b>21</b> Payment # 2 Is due!	<b>22</b> Try sitting down and standing up using one leg.	<b>23</b> Walk like a crab, from one room to the other. Have your dad walk after you.	<b>24</b> Try tip – up to headstand and hold for 5 sec.	<b>25</b> Try to do a handstand. If you need help try it against the wall.	<b>26</b> Stretch every free moment that you have!	<b>27</b> <u>Fitness Saturday.</u> Chin – up, Sit – up, Push – up. Stay strong!
<b>28</b> It is time to clean up your room. Work hard. Keep it Clean.	<b>Always Remember: “Failures” Are Only Problems Waiting to Be Solved!</b>					

2010