

# "JUST ROLLING ALONG"



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

JUST ROLLING ALONG

www.michiganacademy.com

JANUARY 2012

## NEWS YOU CAN USE . . .

Current Session ends January 28<sup>th</sup>  
New Session begins the week of January 30<sup>th</sup>

### Registration Dates

**Returning Students:** Monday, January 16<sup>th</sup>  
Office Opens at 9:00am for registration  
Lobby Opens at 8:00am with refreshments  
PLEASE BE PATIENT!

(Remember the schedule and staff are subject to change without notice)

**New Students:** January 23<sup>rd</sup>

### General

#### Make – up

January 15, 2012

Please register at the office.

### Pro Shop News

50% off Light Blue MAG T-Shirts

### GYMNASTICS – A GREAT FOUNDATION

Gymnastics is an extraordinary sport which develops flexibility, strength, grace and coordination, not to mention confidence, discipline, creativity and a positive self-esteem. Gymnastics is a great foundation for any child, no matter what sport he or she decides to pursue. The attributes that can be gained from gymnastics transfer to other sports. It truly is a sport of all sports! Gymnastics is an activity that children can begin as soon as they are able to walk. It's one of the few activities in which toddlers can participate.

Children can gain sports readiness by participating in this fun, healthy activity. It not only develops a healthy body, but it also develops a healthy mind. What better way to teach your child to stay active and fit than to enroll him or her at any age in gymnastics class!

NEW YEAR  
*Greetings*

On behalf of all the staff here at Michigan Academy of Gymnastics we want to wish you a Happy New Year!

Testing for Girls Blue - Silver level will be held on  
Sunday January 8<sup>th</sup>  
10:00 – 12:30

All results of the testing will be sent out shortly after the test.

# January

A Year from Now You May Wish You Had Started Today...

| Sun                                                                         | Mon                                                                                              | Tue                                                                                      | Wed                                                              | Thu                                                                       | Fri                                                                                                | Sat                                                                            |
|-----------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| Welcome back.<br>We missed you!                                             | <b>Remember.... If you believe it you can achieve it.</b>                                        |                                                                                          |                                                                  |                                                                           |                                                                                                    | <b>Happy New Year!!!</b>                                                       |
| <b>1</b><br>It is time to clean up your room. Work hard.<br>Keep it Clean.  | <b>2</b><br>Try cartwheels<br>Left, right                                                        | <b>3</b><br>Can you do a head stand?                                                     | <b>4</b><br>Tip – up to head stand...Hold                        | <b>5</b><br>Try handstand. If you need help, ask!<br>Try against the wall | <b>6</b><br>Hold tip – up 15 sec.                                                                  | <b>7</b><br>Fitness Saturday.<br>Chin – up, Sit – up, Push – up. Stay strong!  |
| <b>8</b><br>Blue – Silver level testing 10:00 – 12:30                       | <b>9</b><br>25 sit ups<br>25 push ups                                                            | <b>10</b><br>Try to do a candlestick and hold                                            | <b>11</b><br>Stretch your back. Try back bend or bridge. Be safe | <b>12</b><br>Splits,splits,splits...<br>Stretching is good for you        | <b>13</b><br>V - sit<br>Hold for 15 sec.                                                           | <b>14</b><br>Fitness Saturday.<br>Chin – up, Sit – up, Push – up. Stay strong! |
| <b>15</b><br>GENERAL MAKE-UP (MUST SIGN UP @ OFFICE)                        | <b>16</b><br>  | <b>Returning Student Registration Week</b><br>Begins Monday 9:00am, Lobby opens @ 8:00am |                                                                  |                                                                           | <b>19</b><br>  | <b>21</b><br>Kids night out 5:30- 9:30                                         |
| <b>22</b><br>It is time to clean up your room. Work hard.<br>Keep it Clean. | <b>23</b><br> | <b>New Student Registration</b>                                                          |                                                                  |                                                                           | <b>26</b><br> | <b>28</b><br>Fitness Saturday.<br>Chin – up, Sit – up, Push – up. Stay strong! |
| <b>29</b><br>It's time to clean up your room. Work hard....Keep it Clean.   | <b>30</b><br>Winter/Spring Session Begins<br><b>WK # 1</b>                                       | <b>31</b><br>Fruits and vegetables are your best friends!!!                              | <i>Success is a journey... not a destination.</i>                |                                                                           |                                                                                                    |                                                                                |

**2012**