

# "JUST ROLLING ALONG"



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

JUST ROLLING ALONG

www.michiganacademy.com

March, 2010

## 2010 EXHIBITION INFORMATION

Kinder Program - **June 19<sup>th</sup>**

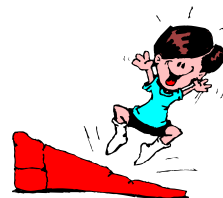
Class Program - **June 20<sup>th</sup>**

Forms will be mailed out the week of April 5<sup>th</sup>

Deadline to enroll will be April 28<sup>th</sup>

Must sign up to participate.

*If you have had an address change, please notify the office.*



**Kid's Night Out!**

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

5:30pm - 9:30pm

Crazy Fun!!! Pizza & Crafts

### Physical Ability Testing

For Girls in

White, Blue, Bronze, Silver

& Gold Levels

Sunday April 18<sup>th</sup>

1:00pm - 3:30pm

Boy's Sunday, May 2<sup>nd</sup>

For Boy's Levels Red, White, Blue

& Bronze

1:00pm - 3:30pm

**Physical Abilities Testing:** The Physical Abilities testing is a series of strength, flexibility and power tests. The testing is designed to demonstrate physical achievement attained from attending gymnastics class. The gymnasts are organized into groups and rotate through test stations. At each station, the gymnast performs the exercise for an evaluator who awards a score based upon performance. The scoring system has been established to challenge the gymnast based on their age and ability. At the end of the testing all gymnasts will be awarded Certificates of participation.

### Easter Camp

Westland locations

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

Gymnastics, Crafts, Games & Fun!

Ages 4 & up

Come for a day or a week.



All classes will run as scheduled during the Easter Break.

**Installment #3**  
**Due March 15th**

**PLEASE DRIVE VERY SLOWLY WHEN IN OUR PARKING LOT. WE HAVE CHILDREN AND PARENTS CROSSING FROM THEIR PARKING SPACES ALL THE TIME.**

# March



Mon

Tue

Wed

Thu

Fri

Sat

Failure just means that you have not yet succeeded.



**1**

Stay strong, eat vegetables and fruits.

**2**

Practice candlesticks. Be strong, stay tight.

**3**

Practice head stand and hold.

**4**

Try one-foot sit and stand up.

**5**

How many sit – ups can you do in 30 sec.

**6**

Fitness Saturday.  
Chin – up, Sit – up, Push – up.  
Stay strong!

**7**

It is time to clean up your room. Work hard. Keep it Clean.

**8**

Practice - tuck, straddle and pike jumps.

**9**

Practice your bridge. Hold one foot up for 10sec. and then switch.

**10**

Look for a book about gymnastics, and read.

**11**

Work on kicking over from a bridge position.

**12**

An apple a day keeps the doctor away.

**13**

Fitness Saturday.  
Chin – up, Sit – up, Push – up.  
Stay strong!

**14**

It is time to clean up your room. Work hard. Keep it Clean.

**15**

Installment # 3 Due

**16**

Try tip – up to headstand and hold for 5 sec.

**17**

Happy St. Patricks Day!

**18**

Try bridge and hold your balance on one foot.

**19**

Try sitting down and standing up using one foot.

**20**

Fitness Saturday.  
Chin – up, Sit – up, Push – up.  
Stay strong!

**21**

It is time to clean up your room. Work hard. Keep it Clean.

**22**

Chin – up challenge All classes is participate.(All week)

**23**

Don't forget to stretch every day!!!

**24**

How many sit – ups in 30 sec. can you do?

**25**

What do you like about gymnastics? Tell your friends.

**26**

Never give up. Practice will make it better.

**27**

**Kid's Night Out**  
**5:30 – 9:30pm**  
**Ages 4 +**

**28**

It is time to clean up your room. Work hard. Keep it Clean.

**29**

How many sit – ups in 30 sec. can you do?

**30**

Tuck jump to candle stick.

**31**

How many sit – ups in 30 sec. can you do?

Gymnasts Are Built Tough

2010