

# "JUST ROLLING ALONG"



Michigan Academy of Gymnastics, 5870 N. Hix Road, MI 48185

734-721-4001

JUST ROLLING ALONG

www.michiganacademy.com

November 2011



## Drop & Shop

Friday  
November 25<sup>th</sup>  
9AM - 4PM  
(Rush hour available)  
Gymnastics - Games  
Movie - Pizza

Let your children have fun at Michigan Academy of Gymnastics while you do your holiday shopping. You can invite a friend or relative to sign up with you.

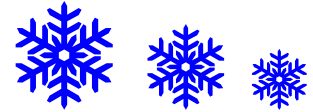
Ages: 4 & Up  
Cost: \$35 per child

## SKILLS TESTING

*Our preschool and class program testing will run from November 21<sup>st</sup> through December 8<sup>th</sup> during regular class times.*

*Girls Blue, Bronze, Silver and Gold testing will be held Saturday, December 17<sup>th</sup> & Sunday, December 18<sup>th</sup> You must sign up, at the office.*

**No late registration Please**  
*It is important to have your child attend class during the weeks of testing!  
Results will be mailed out during the first week of January, in plenty of time to register for our next 20-week session.*

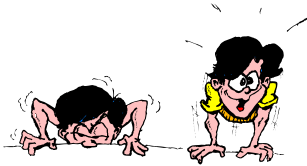


## MINI-WINTER CAMP

Children 4 & Up  
Dec. 27, 28, 29 & 30<sup>th</sup>  
Jan. 2, 3, 4, 5 & 6<sup>th</sup>  
Come join us over Christmas Break for a lot of FUN, FUN, FUN!!!  
For more information . . .  
Flyers are located in the lobby

Fall Installment #4  
Due  
November 15<sup>th</sup>.

Boys Physical Ability testing  
Sunday November 6, 2011  
1:00 - 3:30  
Register at the office



## Kids Night Out

Where: Michigan Academy of Gymnastics  
(Westland Location)  
When: Saturday, November 19<sup>th</sup>  
(5:30p.m. - 9:30p.m.)  
Price: \$25.00 per child  
(10% sibling discount) Ages: 4 & up.  
\*\*we will donate \$5 for every child signed up to Westland Goodfellows\*\*

## THANKSGIVING SCHEDULE

The Gym will be CLOSED on Thanksgiving Day, Thursday, November 24<sup>th</sup>!  
Makeup for this day will be Thurs., December 22<sup>nd</sup>.  
@ Regular scheduled times.  
The gym will be OPEN on Friday, November 25<sup>th</sup>  
For all classes.



Pro-Shop - Great Gift Idea!  
All orders for MAT and BEAM  
Are due December 1<sup>st</sup>



# NOVEMBER

## NEVER STOP AT THE TOP

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Do you remember how to do a bridge? Show me...	<b>2</b> Walk on your tiptoes from room to room, then on you heels.	<b>3</b> Try cartwheel (left, right)	<b>4</b> Hop on 1 foot from room to room!!	<b>5</b> <u>Fitness Saturday.</u> Chin – up, Sit – up, Push – up. Stay strong!
<b>6</b> Boys Physical ability testing 1:00 – 3:30	<b>7</b> Start week with stretching, splits, bridges.	<b>8</b> Try bridge kick over.	<b>9</b> Remember.... If you believe it, you can achieve it.	<b>10</b> Try bridge and lift one foot up.	<b>11</b> Practice round offs Be careful ☺ Keep your feet together.	<b>12</b> <u>Fitness Saturday.</u> Chin – up, Sit – up, Push – up. Stay strong!
<b>13</b> It is time to clean up your room. Work hard. Keep it Clean.	<b>14</b> Try jumping and turning around.	<b>15</b> <b>Installment # 4 Is Due</b>	<b>16</b> Try to do Tip – up and go up to handstand. Hold	<b>17</b> Practice candlestick Hold for 10 sec Next time hold 15.	<b>18</b> <b>Due Date for Drop &amp; Shop Don't Be Late!!!</b>	<b>19</b> <b>KIDS NIGHT OUT!! (5:30 – 9:30)</b>
<b>20</b> It is time to clean up your room. Work hard. Keep it Clean.	<b>21</b> Try to sit and stand up on one foot.	<b>22</b> Forward and backward roll.	<b>23</b> Stretch every free moment that you have!	<b>24</b> <b>Thanksgiving GYM CLOSED</b>	<b>25</b> <b>Drop &amp; Shop 9am – 4pm Rush hour available</b>	<b>26</b> <u>Fitness Saturday.</u> Chin – up, Sit – up, Push – up. Stay strong!
<b>27</b> It is time to clean up your room. Work hard. Keep it Clean.	<b>28</b> V – Sit Hold for 15 sec, 20, 25, and 30.	<b>29</b> Hold arabesque 10sec.	<b>30</b> Try jumping and turning around.			



Believe It and You Will Achieve It!

**2011**