

"JUST ROLLING ALONG"



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

JUST ROLLING ALONG

www.michiganacademy.com

October 2011

I'm lovin' it...
Gymnastics is
the best.

Kids Night Out

Where: Michigan Academy of Gymnastics
(Westland Location)

When: Saturday, October 22nd
(5:30p.m. - 9:30p.m.)

Price: \$25.00 per child
(10% sibling discount) Ages: 4 & up.

Rope Climbers

Collect all 5
Certificates
for rope climbing
and
receive a Medal.

Redeem at office.

Girls -Physical Ability Testing -Sunday, October 23rd
Boys - Physical Ability Testing - November 6th

Fall Installment #3
Due October 15th.

DROP - N - SHOP

Friday, November 25th

There Will Be:
Gymnastics, Crafts,
Games, Movie, Pizza

COST: \$ 35 PER CHILD

Time: 9am - 4pm
Rush hour available

Save yourself the mess
at home. Celebrate
your Child's birthday at
MAG!

HALLOWEEN

MAG PRO SHOP

MAG T-Shirts
(Light Blue ONLY)

Buy One, Get One
FREE

SALE - SALE - SALE!

B Have long hair pulled back.
Use bathroom before class.
Take off all jewelry.
No skirts attached to leotards.
Pick up your child on time.
Thank you!

S,

PARKING AREA

PLEASE
BE COURTEOUS!

There is plenty of
parking available
behind the building.
No parking at the
front door. Leave the
handicap spots
available for those in
need.

October



Failures are only problems waiting to be solved.



Sun

Mon

Tue

Wed

Thu

Fri

Sat



EVERY BEGINNER IS A WINNER!

1

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

2

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

3

Try to do a hand
stand and hold.....
1,2,3,4, 5...

4

V – sit Hold for 15
sec.
Try to hold as long
as you can.

5

**Tip – up hold for
10sec. sec. Make
your dad try.**

6

READ A BOOK
ABOUT
GYMNASTICS

7

Jumping day.
Tuck, Straddle,
Straight, Pike.

8

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

9

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

10

Hop on one foot
from room to
room

11

Try to do Tip – up
and go up to
headstand. Hold...

12

Try sitting down and
standing up using
one leg.

13

**Work on your
splits. Right,
Left & Middle.**

14

What is your
favorite thing about
Gymnastics?
Tell your friends

15

**Fall Installment
#3 due**

16

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

17

How many push –
ups can you do in
30 sec ????

18

Walk like a crab
from one room to
the other.

19

Try to do a handstand.
If you need help try it
against the wall.
*Registration is due for
Physical Ability*

20

**How many sit ups
and push ups can
you do in 30 sec**

21

Stretch every free
moment that you
have!

22

**FUN !FUN! FUN!
KIDS NIGHT OUT
5:30-9:30 p.m.**

23

*Girls- Physical Ability
Testing
1:00pm – 3:30pm*

24

Do a bridge on
the floor and
hold for 10 sec.

25

Practice round
offs. Be safe



26

Remember... If you
believe it, you can
achieve it.

27

A little stretch can
make you feel good.



28

Talk to your friends
about gymnastics

29

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

30

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

31

**Happy
Halloween
Gym closed @
4:00pm**



It is candy time!
Be SAFE!!!

2011