

# "JUST ROLLING ALONG"



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

JUST ROLLING ALONG

[www.michiganacademy.com](http://www.michiganacademy.com)

JUNE 2010

## Stay in shape this Summer!

Join us for our Summer Session!!

June 14<sup>th</sup> - August 20<sup>th</sup>

*Returning Students – Tuesday, June 1<sup>st</sup>*

*New Students – Thursday, June 3<sup>rd</sup>*

We are closed the Week of July 5<sup>th</sup> - July 9<sup>th</sup>

### SUMMER CAMP

*Ages 4 to 16*

*Full & Half Days  
Available!*

*Gym Instruction/  
Games/Crafts/  
Swimming/*

*Field Trips & More!  
Flyers Available in the  
lobby!*

### Fall Session Registration

August 2<sup>nd</sup> Summer returning students

August 9<sup>th</sup> Returning students

August 16<sup>th</sup> New Students

Our fall session will begin August 23<sup>rd</sup>

Schedules will be mailed the beginning of  
August.

**Please remember to take your  
child to the bathroom before  
they enter their class!  
Thank you!!!!**

# JUNE

**Never Stop at the TOP!!!**

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>	
		1 Returning Students Registration	2 Hold hollow body for 25 sec.	3 New Students Registration	4 Try to do a candlestick. Hold for 15 sec.	5 Fitness Saturday. Chin – up, Sit – up, Push – up. Stay strong!	
6 It is time to clean up your room. Work hard. Keep it Clean.	7 Bridge hold 10 sec	<b>Last Week of Winter/Spring Session</b>				11	12 Fitness Saturday. Chin – up, Sit – up, Push – up. Stay strong!
13 It is time to clean up your room. Work hard. Keep it Clean.	14 WK # 1 Summer Schedule Begins	15 Head stand hold 10sec.	16 Practice lunge position and kick up to handstand	17 Hold hollow body for 25 sec.	18 Practice your splits	19 KINDER PROGRAM EXHIBITION (check your schedule)	
20 CLASS PROGRAM EXHIBITION (check your schedule)	21 WK # 2 Tip – up hold as long as you can	22 Tuck straddle pick jumps.	23 Try cartwheels Left, right	24 Remember no muscle, no gymnastics!	25 Can you do had stand? Try next to the wall.	26 Fitness Saturday. Chin – up, Sit – up, Push – up. Stay strong!	
27 It is time to clean up your room. Work hard. Keep it Clean.	28 WK # 3 Practice lunge position and kick up to handstand	29 Bridge hold 10 sec	30 Tip up hold 10 sec.	1 Try headstand and hold	2 Try handstand and hold	3 Fitness Saturday. Chin – up, Sit – up, Push – up. Stay strong!	
<b>NEVER LET A PROBLEM BECOME AN</b>						<b>2010</b>	
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