

# Michigan Academy of Gymnastics, Inc.

Summer Session: June 18, 2018 - August 24, 2018

## DEVELOPMENTAL PROGRAM FOR BOYS AND GIRLS

MONDAY				
CLASS #	LEVEL	TIME	COACH	AGE
<b>GIRL'S</b>				
210	White	4:15-5:45	LG	9+
211	Silver	4:30-6:30	BH	All
212	Red	5:00-6:15	KN	6-8
213	Silver	5:45-7:45	DG	All
214	Blue	5:45-7:15	LG	6-8
215	White	6:15-7:45	KN	6-8
216	Bronze	6:30-8:15	BH	All
217	Blue	7:15-8:45	LG	9+
<b>BOY'S</b>				
310	Silver	4:15-6:15	AP	All
311	Red	5:45-7:00	MH	9+
312	Blue	6:15-7:45	CG	All
313	Bronze	6:15-8:00	AP	All

TUESDAY				
CLASS #	LEVEL	TIME	COACH	AGE
<b>GIRL'S</b>				
220	Blue	1:15-2:45	ET	6-8
221	Red	2:45-4:00	ET	6-8
222	Blue	4:15-5:45	BH	6-8
223	White	4:30-6:00	SS	6-8
224	Blue	4:30-6:00	ET	6-8
225	Bronze	4:15-6:00	DG	All
226	Bronze	5:45-7:30	BH	All
227	Silver	6:00-8:00	ET	All
228	Red	6:45-8:00	SS	6-8
<b>BOY'S</b>				
320	Red	1:15-2:30	JD	6-8
321	White	2:30-4:00	JD	6-8
322	Blue	4:30-6:00	JD	All
323	White	5:00-6:30	WS	6-8
324	Bronze	6:00-7:45	JD	All
325	White	6:30-8:00	WS	9+

CHEERTUMBLE			
CLASS #	DAY	TIME	COACH
<b>BEGINNING</b>			
610	Monday	3:30-4:30	BH
620	Tuesday	7:45-8:45	JD
<b>ADVANCE</b>			
611	Monday	8:00-9:00	AP

WEDNESDAY				
CLASS #	LEVEL	TIME	COACH	AGE
<b>GIRL'S</b>				
230	Bronze	4:30-6:15	DG	All
231	Red	4:30-5:45	MH	9+
232	Red	5:45-7:00	MH	6-8
233	White	7:00-8:30	MH	6-8
234	Blue	7:30-9:00	AW	6-8
<b>BOY'S</b>				
330	Silver	6:15-8:15	CG	All

THURSDAY				
CLASS #	LEVEL	TIME	COACH	AGE
<b>GIRL'S</b>				
240	Red	12:30-1:45	SS	6-8
241	White	1:45-3:15	SS	6-8
242	Blue	4:00-5:30	LG	9+
243	Silver	4:00-6:00	DG	All
244	Red	4:45-6:00	MH	6-8
245	White	5:30-7:00	LG	6-8
246	Red	7:00-8:15	LG	9+
247	White	7:00-8:30	MH	9+
<b>BOY'S</b>				
340	Red	6:00-7:15	WS	6-8
341	White	7:15-8:45	WS	6-8

### CLASS LEVEL PROGRESSION

**RED:** BEGINNER

1 1/4 hrs. 1 DAY/WEEK REQUIRED

**WHITE:** INTERMEDIATE BEGINNER

1 1/2 hrs. 1 DAY/WEEK REQUIRED

**BLUE:** ADVANCE BEGINNER

1 1/2 hrs. 2 DAYS/WEEK OPTIONAL

**BRONZE:** INTERMEDIATE

1 3/4 hrs. 2 DAYS/WEEK RECOMMENDED

**SILVER:** INTERMEDIATE ADVANCE

2 hrs. 2 DAYS/WEEK REQUIRED



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## Kinder & Special Needs Class Offerings

### Monday

Class #	Level	Time	Coach	Age
<b>Kinder</b>				
110	Adv. Kinder	4:00-5:30	DG	5-6
111	Super Kinder 1	4:30-5:15	LC	3-4
<b>Boys</b>				
410	Kinder	4:45-5:45	MH	4-5
411	Super Kinder	7:00-8:15	MH	5-6

### Tuesday

Class #	Level	Time	Coach	Age
<b>Kinder</b>				
120	Kinder 2	12:30-1:30	AW	5-6
121	Kinder 1	1:30-2:15	AW	3-4
122	Super Kinder 1	2:15-3:00	AW	3-4
123	Super Kinder 2	3:00-4:00	AW	4-6
124	Super Kinder 3	3:00-4:15	BH	4-6
125	Kinder 1	4:30-5:15	AW	3-4
126	Super Kinder 2	5:15-6:15	AW	4-6
127	Super Kinder 1	6:00-6:45	SS	3-4
128	Parent & Tot	6:15-7:00	AW	2-3
129	Adv. Kinder 2	6:15-7:45	DG	5-7
129A	Kinder 2	7:00-8:00	AW	5-6
<b>Boys Kinder</b>				
420	Kinder	11:00-12:00	JD	4-5
421	Super Kinder	12:00-1:15	JD	5-6

### Wednesday

Class #	Level	Time	Coach	Age
<b>Kinder</b>				
130	Super Kinder 1	10:00-10:45	LC	3-4
131	Kinder 1	10:45-11:30	LC	3-4
132	Super Kinder 2	4:30-5:30	AW	4-6
133	Kinder 2	4:45-5:45	KN	3-4
134	Super Kinder 3	5:30-6:45	AW	4-6
135	Super Kinder 1	5:45-6:30	KN	3-4
136	Adv. Kinder	6:15-7:45	DG	4-6
137	Kinder 1	6:30-7:15	KN	5-6
138	Super Kinder 1	6:45-7:30	AW	3-4

### Thursday

Class #	Level	Time	Coach	Age
<b>Kinder</b>				
140	Kinder 1	3:15-4:00	SS	3-4
141	Super Kinder 1	4:15-5:00	LC	3-4
142	Super Kinder 2	4:30-5:30	AW	4-6
143	Kinder 2	5:00-6:00	LC	5-6
144	Kinder 1	5:30-6:15	AW	3-4
145	Kinder1	6:00-6:45	LC	3-4
2nd Day	Adv. Kinder 2	6:15-7:45	DG	5-7
146	Super Kinder 3	6:15-7:30	AW	4-6
147	Super Kinder 2	6:45-7:45	LC	4-6
<b>Boys Kinder</b>				
440	Super Kinder	4:45-6:00	WS	5-6
441	Kinder	6:00-7:00	MH	4-5

### Friday

Class #	Level	Time	Coach	Age
<b>Kinder</b>				
150	Parent & Tot	9:15-10:00	AW	2-3
151	Super Kinder 1	10:00-10:45	AW	3-4
152	Super Kinder 2	10:45-11:45	AW	4-6
153	Super Kinder 3	11:45-1:00	AW	4-6

### Classes For Students With Special Needs

Monday		Friday	
Ages 3-5	6:00-6:30	Ages 3-5	1:30-2:00
Age 6+	6:45-7:30	AGES 6-9	2:15-3:00
		AGES 10+	3:15-4:00

### Kinder Gymnastics Progression

<b>Boys &amp; Girls</b>			
	Parent & Tot	3/4 hr.	Ages 2-3
	Kinder 1	3/4 hr.	Ages 3-4
	Super Kinder 1	3/4 hr.	Ages 3-4
<b>Girls</b>			
	Kinder 2	1 hr.	Ages 5-6
	Super Kinder 2	1 hr.	Ages 4-6
	Super Kinder 3	1 1/4 hr.	Ages 5-6
	Adv. Kinder	1 1/2 hr.	Ages 5-6
	Adv. Kinder 2	1 1/2 - 2 days	Ages 5-7
<b>Boys</b>			
	Kinder	1 hr.	Ages 4-5
	Super Kinder	1 1/4 hr.	Ages 5-6