

## **CLASS DESCRIPTIONS:**

**Parent-tot (18mo. - 3 years)** – Gymnasts will focus on basic motor and perceptual skills. Gymnasts will be introduced to all apparatus. Parents are to accompany as an active participant through the class. (45 minutes)

**Beginners 1 (3-5 years old)** – Gymnasts will be introduced to all events and encouraged in learning the basics. A focus on form will be experienced. (45 minutes)

**Beginners 2 (5-7 years old)** – Gymnasts will be introduced to the fundamental skills of all apparatus. A focus on form will be experienced. (1 hour)

**Super Track (5-7 years old)** – Gymnasts will already have excellent basics and form which will allow this class to progress in skill advancement more quickly. (1 ½ hours)

**Ultra-Progression (7-10 years old)** – Gymnasts will continue to work on technique on all events and also be introduced to higher level skills and connections. (1 ½ hours)

**Diamond Advanced (9 and up)** – This class is intended for gymnasts who are ready to learn competitive level skills. Technique and connections will be implemented. (2 hours)

**Achievers (Special Needs)** – Gymnasts will receive more individual attention and class will be adapted for each individual gymnast's needs. (45 minutes)

**Boys Progression (Boys 7 and up)** - Boys will be introduced to tumbling on floor, pommel horse, rings, vault, parallel bars, and high bar. (1 hour 15 min.)

**Dance Tumbling (7 and up)** – This class is intended for competitive dancers who want to increase their tumbling abilities. We will focus on cartwheels, aerials, walkovers, and handsprings. Also flexibility of jumps and leaps will be implemented.

**IF YOU HAVE QUESTIONS ON WHAT CLASS YOUR GYMNAST SHOULD ATTEND, PLEASE CALL AND WE CAN DIRECT YOU!**

## **MISSION STATEMENT:**

*At Mankato Area Gymnastics School our mission is to build strong bodies and strong minds by providing a safe, fun learning environment for every child to be successful! We believe the simple joy of running, jumping, cartwheeling and flipping throughout childhood builds physical confidence and the body awareness needed to pursue any athletic adventure!*

## **Policies:**

**Registration/Payment:** Full payment is due upon registration. Registrations will be accepted until the class is full. **NO REFUNDS after the session has begun.**

**Waivers:** All students participating in classes, open gym, or birthday parties must have a waiver signed by a parent/guardian prior to participation.

**Clothing:** For the safety of gymnasts and instructors, students must wear a leotard or other tight-fitted clothing. NO JEANS, SOCKS, OR TIGHTS.

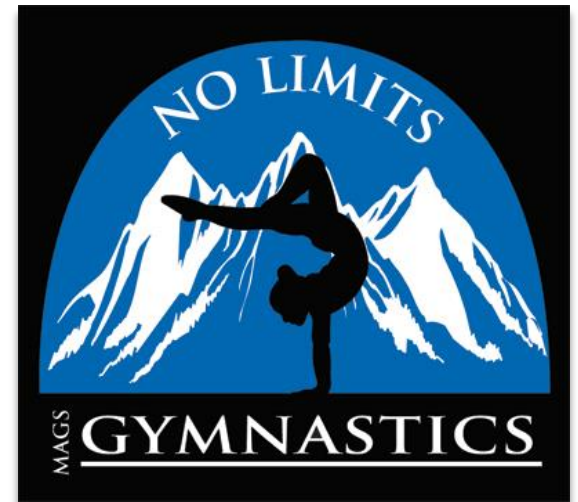
**Behavior:** If a child's behavior becomes a distraction, our coaches have the right to remove the student from the class. They will first be asked to sit out for a portion of time and if that does not solve the issue, the child will be asked to leave for the remainder of the class.

**Make-up Lessons:** Make-ups must be scheduled within 30 days of missed class or they will be forfeited



**"LIKE" US ON FACEBOOK FOR IMPORTANT UPDATES!**

# Mankato Area Gymnastics School



Fall/Winter/Spring

Contact us:

507.625.6260

161 West Lind Court,

Mankato, MN 56001

[MAGSIsFun@aol.com](mailto:MAGSIsFun@aol.com)

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

## SESSION DATES:

<u>Fall Session:</u>	Sept. 11 <sup>th</sup> – Dec. 2 <sup>nd</sup>
<u>Winter Session:</u>	Dec. 4 <sup>th</sup> – Mar. 3 <sup>rd</sup>
<u>Spring Session:</u>	Mar. 5 <sup>th</sup> – May 26 <sup>th</sup>

### Monday:

9:00-9:45	Parent-tot
9:45-10:30	Beginners 1
4:00-4:45	Parent-tot
4:00-4:45	Beginners 1
4:00-6:00	Diamond Advanced
4:30-6:00	Ultra Progression
5:30-7:00	Super Track
6:00-7:00	Beginners 2

### Tuesday:

4:00-5:00	Beginners 2
4:00-5:30	Super Track
4:00-6:00	Diamond Advanced
4:15-5:30	Boys Progression
5:30-6:15	Beginners 1
5:30-6:15	Parent-tot
5:30-7:00	Ultra Progression

### Wednesday:

9:00-9:45	Parent-tot
9:45-10:30	Beginners 1
4:00-4:45	Parent-tot
4:00-4:45	Beginners 1
4:00-6:00	Diamond Advanced
4:30-6:00	Ultra Progression
5:30-7:00	Super Track
6:00-7:00	Beginners 2

### Thursday:

4:00-5:00	Beginners 2
4:00-5:30	Super Track
4:00-6:00	Diamond Advanced
4:15-5:30	Boys Progression
5:15-5:00	Achievers
5:30-6:15	Beginners 1
5:30-6:15	Parent-tot
5:30-7:00	Ultra Progression

### Friday:

9:00-9:45	Parent-tot
9:45-10:30	Beginners 1
4:00-4:45	Parent-tot
4:00-4:45	Beginners 1
4:00-6:00	Diamond Advanced
4:30-6:00	Ultra Progression
5:30-7:00	Super Track
6:00-7:00	Beginners 2

### Saturday:

9:00-9:45	Parent-tot
9:00-10:00	Dance Tumbling
9:15-10:00	Beginners 1
9:30-10:30	Beginners 2
10:30-12:00	Super Track
10:30-12:00	Ultra Progression

## Open Gym

### Friday and Saturday

7:00-9:00PM	Cost: \$10
Wednesday Preschool Open Gym	
10:30-12:00PM	Cost: \$10

## SESSION FEES:

### Parent-tot

1 class/week	\$110
2 class/week	\$175

### Beginners 1

1 class/week	\$115
2 class/week	\$200

### Beginners 2/ Dance Tumbling

1 class/week	\$125
2 class/week	\$210

### Achievers

1 class/week	\$150
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### Boys Progression

1 class/week	\$140
2 class/week	\$230

### Super Track/ Ultra Progression

1 class/week	\$170
2 class/week	\$260

### Diamond Advanced

1 class/week	\$190
2 class/week	\$280
3 class/week	\$355

### 10% discount on second class!

**\$40 yearly registration fee per child for first two children. Fee waived for 3 or more.**

## BIRTHDAY PARTIES



**Tumble, flip, jump, and run, join us for some birthday fun!**

### Saturday and Sunday

12:30-2:00

2:30-4:00

4:30-6:00

All ages are welcome! We provide an hour of supervision with our coaches incorporating gymnastics skills and fun activities in the gym. The last half an hour is spent in the lobby for cake and presents!

Structured parties and open gym parties are available!

Member Party Fee	\$130 + tax
Public Party Fee	\$155+ tax

