

MIDSTATE GYMNASTICS ACADEMY

3720 Hollis Drive, Springfield, IL

787-7004

2011 - 12 FALL/SPRING CLASS SCHEDULE

FAMILY DISCOUNTS FOR CLASS FEES: MULTIPLE STUDENTS/CLASSES RECEIVE A 10% DISCOUNT FOR EACH STUDENT OR ADDITIONAL CLASS

*REGISTRATION FEES \$30.00 PER STUDENT OR \$55.00 PER FAMILY
REGISTRATION FEES ARE PAID ON A YEARLY BASIS*

OVER 3,000 SQ FT DEDICATED TO OUR PRESCHOOL & KINDERGYM PROGRAMS
OVER 5,700 SQ FT DEDICATED TO OUR BIRTHDAY PARTIES
OVER 12,000 SQ FT DEDICATED TO RECREATIONAL, TUMBLING & TEAM PROGRAMS

TODDLER GYMNASTICS

\$35.00 month - w/NO Registration Fee

4-30 Minute classes a month (once a week)

18 Months - 2 Years, parental participation required, helps develop coordination using motor activities through playtime & gymnastics instruction. Come Join the Fun!!!

Student/ instructor ratio 6 to 1

MONDAY	11:15 – 11:45 AM	Alison
THURSDAY	9:00 – 9:30 AM	Rebecca
SATURDAY	8:30 – 9:00 AM	Rebecca

PRESCHOOL GYMNASTICS

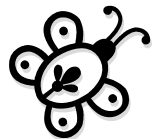
\$52.00 month - w/NO Registration Fee

4-45 Minute classes a month (once a week)

2&3 year olds, parental participation required, develops coordination, social interaction, gymnastics instruction included....LOTS OF FUN TOO!!!!

Student/ instructor ratio 6 to 1

MONDAY	10:30 – 11:15 AM	Alison
	6:30 – 7:15 PM	Alison
TUESDAY	5:45 – 6:30 PM	Kathy C
WEDNESDAY	10:30 – 11:15 AM	Alison
	5:30 – 6:15 PM	Jessica
	6:00 – 6:45 PM	Alison
THURSDAY	10:15 – 11:00 AM	Rebecca
	5:45 – 6:30 PM	Rebecca
SATURDAY	9:00 – 9:45 AM	Rebecca
	10:45 – 11:30 AM	Alison



GYM BUGS PLAYTIME



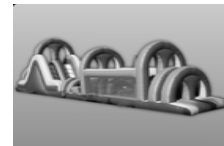
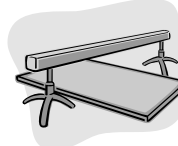
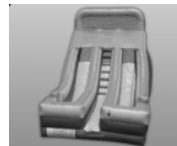
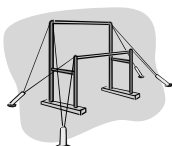
\$69.00 a month – w/NO Registration Fee

4 – 1½ classes a month (once a week)

Four 1½ hour classes once a week for children ages 2-6 years. Parents are required to stay for children under the age of 3, however all parents are invited to stay! A NICE BLEND OF STRUCTURE AND PLAYTIME FOR THE ENERGETIC CHILD!!

Class includes:

**GYMNASTICS INSTRUCTION!! PLAY TIME IN THE PIT!!
PLAY TIME ON THE INFLATABLES!! CRAFT PROJECTS!!**



GREAT FUN and EXERCISE!!!

Monday	9:00 – 10:30 AM	Alison
Tuesday	9:45 – 11:15 AM	Rebecca
Wednesday	10:30 – 12:00 PM	Rebecca
Thursday	1:00 – 2:30 PM	Rebecca

KINDERGYM CLASSES

\$52.00 MONTH/4-45 minute classes a month (once a week)

Student/instructor ratio 6 to 1

OVER 3.000 SQ FT DEDICATED TO OUR PRESCHOOL & KINDERGYM PROGRAMS

KINDERGYM 1

3- 5 year olds, entry level, includes basic instruction in tumbling and on the gymnastic apparatus

MONDAY	5:00 – 5:45 PM	Jen M
	5:30 – 6:15 PM	Jessica
	6:15 – 7:00 PM	Jessica
TUESDAY	9:00 – 9:45 AM	Rebecca
	5:30 – 6:15 PM	Theresa
	6:00 – 6:45 PM	Alison
	6:30 – 7:15 PM	Kathy C
WEDNESDAY	9:00 – 9:45 AM	Alison
	11:15 – 12:00 PM	Alison
	5:15 – 6:00 PM	Alison
	5:45 – 6:30 PM	Emma
	6:30 – 7:15 PM	Emma
THURSDAY	9:30 – 10:15 AM	Rebecca
	5:30 – 6:15 PM	Jessica
	6:30 – 7:15 PM	Jen M
SATURDAY	9:45 – 10:30 AM	Jessica
	10:00 – 10:45 AM	Alison

KINDERGYM 2

3- 5 year olds, must have some prior experience, includes basic instruction in tumbling and on the gymnastic apparatus

MONDAY	5:45 – 6:30 PM	Jen M
	6:30 – 7:15 PM	Kathy C
TUESDAY	11:15 – 12:00 PM	Rebecca
	6:15 – 7:00 PM	Theresa
WEDNESDAY	9:45 – 10:30 AM	Alison
	6:15 – 7:00 PM	Jessica
	6:45 – 7:30 PM	Alison
THURSDAY	11:00 – 11:45 AM	Rebecca
	4:45 – 5:30 PM	Jessica
	6:15 – 7:00 PM	Jessica
SATURDAY	9:00 – 9:45 AM	Jessica

ADVANCED KINDERGYM CLASSES

\$69.00 MONTH/4 - 1 ½ hour classes a month (once a week)
Student/instructor ratio 7 to 1

ADVANCED KINDERGYM 1

5 – 7 year olds, entry level, includes basic instruction in tumbling and on the gymnastic apparatus

MONDAY	4:00 – 5:30 PM	Lindsey
	5:30 – 7:00 PM	Lindsey
TUESDAY	4:00 – 5:30 PM	Emma
	6:00 – 7:30 PM	Kaitlyn
WEDNESDAY	4:30 – 6:00 PM	Theresa
	5:30 – 7:00 PM	Chelsea
	6:00 – 7:30 PM	Kaitlyn
THURSDAY	4:40 – 6:10 PM	Lindsey
	6:10 – 7:40 PM	Kathy C
SATURDAY	10:30 – 12:00 PM	Jessica

ADVANCED KINDERGYM 2 / 3

5 – 7 year olds, *1 year prior experience required, or placement by Midstate staff*, includes basic instruction in tumbling and on the gymnastic apparatus

MONDAY	6:00 – 7:30 PM	Emma
TUESDAY	5:30 – 7:00 PM	Emma
	6:10 – 7:40 PM	Debbie
WEDNESDAY	4:00 – 5:30 PM	Jessica
	4:40 – 6:10 PM	Polly (AK 3 only)
THURSDAY	5:30 – 7:00 PM	Emma
	6:10 – 7:40 PM	Lindsey (AK 3 only)
SATURDAY	9:00 – 10:30 AM	Courtney

RECREATIONAL PROGRAM

\$69.00 MONTH/4 - 1 ½ hour classes a month (once a week) - student/instructor ratio 8 to 1

The following classes graduate upward in skill level. They include instruction in tumbling and on the Gymnastic apparatus. Each class has its own progressive curriculum. These classes are designed for students 8 years and older.

A 12,000 Square foot area separate from our pre-school gym with multiple pieces of equipment!

BEGINNER / ADVANCED BEGINNER

MONDAY	4:00 – 5:30 PM	Jessica (beg only)
	6:00 – 7:30 PM	Courtney (beg only)
TUESDAY	4:00 – 5:30 PM	Theresa
	5:30 – 7:00 PM	Jessica
WEDNESDAY	6:00 – 7:30 PM	Theresa
THURSDAY	5:30 – 7:00 PM	Theresa
SATURDAY	10:30 - 12:00 PM	Courtney

ADVANCED BEGINNER / INTERMEDIATE

MONDAY	5:30 – 7:00 PM	Theresa
	6:30 – 8:00 PM	Rebecca
TUESDAY	6:00 – 7:30 P.M.	Laura
WEDNESDAY	4:00 – 5:30 PM	Emma
	6:10 – 7:40 PM	Kali
THURSDAY	4:00 – 5:30 PM	Emma

INTERMEDIATE / ADVANCED INTERMEDIATE

THURSDAY	6:40 – 8:10 PM	Alison
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ADVANCED INTERMEDIATE / ADVANCED

TUESDAY	6:40 – 8:10 PM	Rebecca
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TUMBLING CLASSES

\$57.00 a month

4-1 hour classes a month (once a week)

8 years and older, includes instruction on tumbling and trampoline. Classes categorized by skill level.

BEGINNER

MONDAY	7:00 – 8:00 PM	Jessica
TUESDAY	7:10 – 8:10 PM	Jessica & Theresa
WEDNESDAY	7:20 – 8:20 PM	Jessica
THURSDAY	6:20 – 7:20 PM	Debbie (6-9 year olds)

INTERMEDIATE

(must have bridge w/kickover)

MONDAY	7:00 – 8:00 PM	Theresa
TUESDAY	7:10 – 8:10 PM	Laura
WEDNESDAY	7:20 – 8:20 PM	Alison
THURSDAY	7:20 - 8:20 PM	Debbie

ADVANCED INTERMEDIATE

(must have round off – back handspring)

MONDAY	7:40 - 8:40 PM	Alison
WEDNESDAY	8:00 - 9:00 PM	Rebecca

ADVANCED

(must have round off – three back handsprings)

MONDAY	7:40 - 8:40 PM	Randy
WEDNESDAY	8:00 - 9:00 PM	Randy

ADDITIONAL INFORMATION

1. There may be additions or deletions to this schedule. Please inquire at the office if you have difficulty working out a schedule for your child.
2. Classes with less than 3 students may be deleted.
3. The Fall/Spring schedule will start on Tuesday, September 6.
4. Midstate will be closed Saturday, August 27 - Monday, September 5.

REGISTRATION INFORMATION

Registration will not be taken over the phone. You may call to check on the availability of a class, but you must come in to register. Class fees and the registration fee (if due), must be paid by check or cash when enrolling a student.

REGISTRATION OFFICE HOURS

Monday, August 8th – Begins at 4:30 p.m. – 6:30 p.m.

Tuesday, August 9th – Thursday, August 12th
8:30 a.m. – 10:30 a.m. & 4:30 p.m. – 6:30 p.m.

Monday, August 15th – Thursday, August 18th
8:30 a.m. – 10:30 a.m. & 4:30 p.m. – 6:30 p.m.

Monday, August 22nd – Thursday, August 25th
8:30 a.m. – 10:30 a.m. & 4:30 p.m. – 6:30 p.m.

The gym will be closed August 27 thru September 5th.
Call the office at 787-7004 and leave a message with your name and number as we will be checking messages and returning calls over the break.

Midstate Gymnastics is now offering

Cheerleading/Tumbling



Want to make the squad? On a squad and want to improve your skills? This is the class for you. These classes will concentrate on teaching proper form and technique for all the aspects of cheerleading: motion technique, jumps, stunts, and tumbling. We will offer classes for 5 thru 16 years of age for those who want an introductory class to cheerleading. We will also be offering classes for Intermediate/Advanced students who want to improve their current skills and achieve new ones. All classes will be non-competitive.



We would like to introduce you to our cheerleading coaching staff.

Nicole Dillon is a returning staff member from last season at Midstate. She cheered for LLCC and for a competitive cheer squad here in Springfield.

Jessica Curry, is a new addition to our cheerleading program. She attended the University of Maryland and Morgan State University, where she graduated with a Business Administration Degree. She currently teaches tumbling and youth gymnastics. She was and Allstar competitive cheerleader and has experience as a competitive coach.

Caitlin Rydinsky, is also a new addition to our cheerleading program. She graduated from Western Illinois University in December of 2010 with a Bachelor of Arts Degree. Caitlin was the assistant cheer coach at Metamora Grade School from June 2009 – May 2011. She also has been involved with the United Cheer Camps Association.

Cheer Class:

- Motion Technique
- Jumps
- Stunts
- Tumbling

Classes offered will be :

Tuesday 4:00-5:30pm 9yrs & older
Tuesday 7:00-8:30 Int/Advanced (placement only)

Thursday 4:45-5:30pm 5-8 yr olds
Thursday 7:00-8:30 Int/Advanced (placement only)

Saturday 1:00-2:30 9yrs & older

Cost:

1 ½ hour
1 class/wk
\$69/month

45 minute
1 class/wk
\$52/month

What is required:

New pair of cheer tennis shoes

(Can be purchased at Wal-Mart, Shoe Carnival, or any sporting goods store.)

****These shoes should only be worn during class on the spring floor- *Please wear a different pair to and from class*****

Fitted athletic clothing or shorts and fitted tank/t-shirt
(No loose clothing for the purpose of tumbling and stunting)

Hair **must** be worn off the shoulders in a pony tail and please leave **all** jewelry at home.

For more information, please contact us by phone at 787-7004 or by email randypeebles@midstategymnastics.com.