



The Gym Nest School of Gymnastics

120 Macon West Drive

Macon, GA 31210

478.474.3021 www.thegymnest.com

SCHOOL TERM SCHEDULE*

July 31, 2017 – May 22, 2018

GYMNASTICS

TumbleBeak PreSchool

Child's age by Aug 31 determines class placement

Parent & Me (1 Yr Old)

Tuesday 5:00 – 5:30 HR

Parent & Tot (2 Yrs Old)

Tuesday 5:30 – 6:00 HR

Preschool (3-4 Yrs Old)

Monday 3:50 – 4:30 JT

Monday 6:00 – 6:40 HH

Tuesday 5:00 – 5:40 KD

Wednesday 5:00 – 5:40 JT

Thursday 3:50 – 4:30 JT

Thursday 4:35 – 5:15 JT

Preschool (4 Yrs Old)

Monday 4:35 – 5:15 JT

Monday 7:05 – 7:45 JT

Tuesday 3:50 – 4:30 JT

Wednesday 5:45 – 6:25 JT

4 & 5 Yrs Old

Girls & Boys

Tuesday 1:15 – 2:10 JM

4 & 5 Yrs Old

Experienced Girls

Tuesday 7:00 – 7:55 TH

Kindergarten Girls

Monday 5:15 – 6:10 JT

Monday 6:10 – 7:05 JT

Tuesday 4:00 – 4:55 KD

Tuesday 4:30 – 5:25 JT

Tuesday 7:00 – 7:55 JT

Wednesday 6:30 – 7:25 JT

Boys

5-7 Yrs Old

Wednesday 3:50 – 4:45 JM

7+ Yrs Old

Tuesday 6:00 – 6:55 JM

Gym 1 Girls

6-7 Years Old

Monday 5:00 – 5:55 HH

Monday 6:45 – 7:40 HH

Tuesday 7:00 – 7:55 ES

Wednesday 4:00 – 4:55 JT

Wednesday 6:00 – 6:55 HH

8+ Years Old

Tuesday 5:00 – 5:55 ES

Tuesday 6:00 – 6:55 ES

Wednesday 7:00 – 7:55 HH

Thursday 4:00 – 4:55 JM

Gym 2 Girls – 7+ Yrs Old

1 year Gym 1 experience required

Tuesday 4:00 – 4:55 JM

Wednesday 5:00 – 5:55 HH

Thursday 6:00 – 6:55 ES

Thursday 7:00 – 7:55 ES

Gym 3 Girls – 8+ Yrs Old

Tuesday 6:55 – 8:10 JM

Thursday 4:45 – 6:00 ES

5+ Girls

Thursday 6:45 – 7:40 KD

Homeschool – 5+ Yrs Old

Tuesday 2:15 – 3:10 JM

TUMBLING – 7+ Yrs Old

Monday 7:30 -8:25 JM

CHEER & GYMNASTICS COMBO

4-6 Yrs Old

Thursday 5:15-6:10 JT

7-11 Yrs Old

Thursday 6:10-7:05 JT

NEW at THE NEST

STRENGTH & EVENT TRAINING – 5+ Yrs Old Girls & Boys

TGN's new Strength & Event Training classes combine flexibility and strength training, with a focus on improving either Bar skills or Floor skills. The flexibility, strength, and body awareness developed in these classes can benefit athletes in a variety of sports. Take as a weekly class, pay as you attend, or add on to an existing schedule for additional training and development.

Strength & Bars

Monday 3:50 – 4:35 JM

Strength & Floor

Thursday 5:00 – 5:45 TH

S&E Training Payment Option 1: Enroll & attend weekly (best method for strength & skill progress)

S&E Training Payment Option 2: Pay as you attend

Ninjas at THE NEST

An exciting new program that combines the skills of parkour and the strength & agility of gymnastics with obstacle course training to train our very own Ninjas at The Nest! Our Ninjas skills will encompass the discipline of martial arts, the creativity of free style movement, and the fluidity of dance/break dancing.

4-6 Yrs Old Thursday 4:00-4:55 JM

5+ Yrs Old Thursday 7:00-7:55 JM

7+ Yrs Old Wednesday 7:00-7:55 JM

Dancing at THE NEST

3-4 Yrs Old

Ballet/Gymnastics Combo Class

Thursday 5:45-6:40 KD

PARENTS NIGHT OUT

On Select Friday nights during the school term, TGN hosts Parents Night Out from 7:00-10:00 PM. Friends are welcome with a signed release form.

BIRTHDAY PARTIES

THE GYM NEST hosts Birthday Parties on Select Saturdays. Call for details or to reserve a date.

Instructor Key*: ES - Eve | HR - Hallie | HH - Heather | JT - Jessica | JM - Josh | KD - Kristen | TH - Tina |

*Classes and Instructors are subject to change

The Gym Nest ... Helping Children SOAR to New Heights!