



# 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

### BIRTHDAY PARTIES

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

### 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.

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!



## The Gym Nest

School of Gymnastics

120 Macon West Drive ■ Macon, GA 31210

(478) 474-3021 Fax: (478) 474-3427

www.thegymnest.com

### 2017 – 2018 School Term Calendar

When registering your child, you are registering for the School Term which ends May 22, 2018. The School Term is comprised of 6 sessions, payment is due the first week of each session.\* Sessions 1, 2, 4, 5, & 6 include 7 lessons; Session 3 includes 6 lessons.\*\*

| Session / Event   | Dates                  | Tuition Due *       |
|---|------------------------|---------------------|
| Session 1 of 6 - (7 lessons)  | July 31-Sept 14        | <b>August 4</b>     |
| Closed for Labor Day (Labor Day Make Up Class Nov 20 with a Flex Schedule)      | CLOSED Sept 4          |                     |
| Session 2 of 6 - (7 lessons)  | Sept 18-Nov 2          | <b>September 22</b> |
| Closed for Halloween (Halloween Make Up Class Nov 20 with a Flex Schedule)      | CLOSED October 31      |                     |
| Session 3 of 6 - (6 lessons - includes Make up Class for Labor Day & Halloween) | Nov 6-Dec 19           | <b>November 10</b>  |
| Labor Day & Halloween Make Up Class with Flex Schedule                          | Nov 20                 |                     |
| Holiday 2 Day (Mon & Tues) Flex Schedule  | Dec 18-19              |                     |
| Closed for Thanksgiving   | CLOSED Nov 21- 26      |                     |
| Closed for Winter Break   | CLOSED Dec 20-Jan 2    |                     |
| Session 4 of 6 - (7 lessons)  | Jan 3 – Feb 15         | <b>January 9</b>    |
| 2 Day (Wed & Thurs) Flex Schedule   | Jan 3-4                |                     |
| Session 5 of 6 - (7 lessons)  | Feb 19 - April 5       | <b>February 23</b>  |
| Spring Break 2 Day (Mon & Tues) Flex Schedule                                   | Mar 26-27              |                     |
| Closed for Spring Break   | Mar 28-April 1         |                     |
| Session 6 of 6 - (7 lessons)  | April 9– May 22        | <b>April 13</b>     |
| Session 6 includes 2 Day Flex Schedules for the following weeks:                | Weeks of May 7, 14, 21 |                     |
| Spring Fling Exhibition (\$40)  | April 28               |                     |
| Gym Closed for Memorial Day   | CLOSED May 28          |                     |
| Summer Session Begins   | May 29                 |                     |

**Additional closings may be announced due to our competitions. Schedule changes and make-up dates will be announced ASAP.**

\*Tuition is due within the first 5 business days of the start of the session. There is a \$15 late fee for tuition received after the first 5 business days of each session. See the calendar above for tuition due dates for each session.

### 2017 – 2018 School Term Fees

#### Family Registration Fee (due each year)- \$60

Registration/Release Form must be submitted with nonrefundable \$60.00 payment to reserve class time.

#### Session Tuition\*\*:

75 minutes class per week: \$154 per Session (for Sessions 1, 2, 4, 5, 6). There will be a 14% discount for Session 3.

55 minutes class per week: \$140 per Session (for Sessions 1, 2, 4, 5, 6). There will be a 14% discount for Session 3.

45 minutes class per week: \$135 per Session (for Sessions 1, 2, 4, 5, 6). There will be a 14% discount for Session 3.

40 minutes class per week: \$130 per Session (for Sessions 1, 2, 4, 5, 6). There will be a 14% discount for Session 3.

30 minutes class per week: \$120 per Session (for Sessions 1, 2, 4, 5, 6). There will be a 14% discount for Session 3.

\*Tuition is due within the first 5 business days of the start of the session. There is a \$15 late fee for tuition received after the first 5 business days of each session. See the calendar above for tuition due dates for each session.

\*\*If your child is unable to participate through the end of Session 6, you must submit a withdrawal form to withdraw your child from class.

Withdrawal Forms must be completed and submitted to the Front Office **10 business days prior to the last day of the current session** to avoid the next session's tuition. Verbal withdrawals will not be accepted. A copy of the withdrawal form is located at

[www.thegymnest.com/withdraw.pdf](http://www.thegymnest.com/withdraw.pdf). To avoid being charged for subsequent sessions, please follow these Withdrawal Deadlines:

Session 1 - Aug 30 | Session 2 - Oct 18 | Session 3 - Dec 5 | Session 4 - Feb 1 | Session 5 - March 16

**Private Lesson** - \$55 per hour

**Pay-As-You-Attend for 45 minute Strength & Event Training** - \$25 per lesson

**Parents Friday Night Out (7:00-10:00)** - \$20 plus snacks

**Birthday Parties** - \$200 for 10 guests (\$5 per each additional guest) / \$75 nonrefundable deposit due to reserve party day/time

**Spring Fling Exhibition** - \$40