



# The Gym Nest School of Gymnastics

120 Macon West Drive  
 Macon, GA 31210  
 478.474.3021  
 www.thegymnest.com

## SCHOOL YEAR SCHEDULE

age as of Aug 31 determines child's placement

AUG 1, 2022 - MAY 10, 2023

**TumbleBeak Gym Program** Named after our illustrious mascot, our TumbleBeak Preschool Gymnastics will develop your child's self-confidence and enhance their physical capabilities.



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| Parent & Me<br>(ages 1 & 2)                                   | Tues 5:10-5:40<br>Wed 6:15-6:45                                   | Our Parent & Me classes incorporate a blend of age appropriate gymnastics with the use of small motor equipment, perceptual development and cognitive skills while allowing the caregiver (18+ years) and child a positive physical, mental, and social experience. You'll be right there to cheer on and celebrate each achievement.                                   |
| Ages 3 & 4<br>Mon 3:50-4:30<br>Mon 6:05-6:45<br>Mon 6:50-7:30 | Tues 5:00-5:40<br>Wed 4:00-4:40<br>Wed 4:45-5:25<br>Wed 5:30-6:10 | Beyond skills, this class teaches self-confidence, discipline, impulse control, responsibility, and instinctual safety (how to roll and avoid injury during a fall...great for use in other sports). Our gymnastics training and obstacle courses are designed to help improve total body coordination, build strength, and improve agility. And most of all it is FUN! |
| Pre-Ballet & Gymnastics Combo                                 | Mon 6-6:55<br>(ages 3-5)  | TGN's TumbleBeak program offers something that no other dance school in the area offers: dance and gymnastics in one class! Ballet Shoes and convertible tights are required beginning in February. Spring Fling participation (April 15 & 15)) and costume are mandatory.  |

## School Age Gymnastics

Gymnastics builds confidence while improving strength, flexibility, coordination, and agility – skills important for all other sports. Our gymnasts utilize a variety of equipment including Vault, Bars, Beam, Floor, Ropes, Rings, Parallel Bars, Tumble Trak, and Trampoline. Classes will combine during stretch, strength, positions, & cardio portion of class.

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| <b>Kindergarten &amp; 1<sup>st</sup> Grade:</b><br>Mon 4:35-5:30<br>Mon 5:05-6:00<br>Mon 6:05-7:00<br>Mon 6:35-7:30<br>*Tues 6:00-6:55<br>Tues 6:30-7:25<br>Wed 4:00-4:55<br>Wed 4:30-5:25 | This class is designed to increase kinesthetic awareness while reinforcing concepts of reading readiness and visual and auditory learning. Using circuits and stations, our lesson plans and progressions are based on developmental milestones. These milestones include independence, social skills, coordination, confidence, and movement fundamentals.<br>*Reserved for 1 <sup>st</sup> graders that participated in this class last year. |
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| <b>Gym 1</b><br>Ages 7+<br>Mon 4:00-4:55<br>Tues 7:00-7:55<br>Wed 5:30-6:25 | This class is for 2 <sup>nd</sup> grade & older students that have participated in our K & 1 <sup>st</sup> grade class and for those that are new to the sport of gymnastics. |
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| <b>Gym 2</b><br>Mon 4:30-5:25<br>Wed 6:00-6:55 | This class is for our advanced students that have completed Gym 1 |
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| <b>Gymnastics Class for all levels ages 6+</b><br>Wed 7:00-7:55 | It's back....This class is for the busy family / families with multiple children. |
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## Cheerleading & Gymnastics Combo Classes

2-4-6-8 TGN's combo classes are GREAT! TGN offers something that no other cheer gym in the area offers.... cheer and gymnastics in the same class. Tennis shoes will be required beginning in October. Spring Fling participation (April 14 & 15) and apparel are mandatory.

### Ages 5-7: Tuesday 5:45-6:40

The first half of the class will focus on gymnastics with the second half combining with the older class to work on cheer.

### Ages 8+: Tuesday 6:15-7:10

The first half of the class will combine with the younger class to work on cheer and the second half will focus on gymnastics.

## TGN Athletics

**Tumbling at THE NEST:** Ages 7+ Mon 7:00-7:45 Tues 7:10-7:55

**Ninjas at THE NEST & Gymnastics Combo:** The Gym Nest once again offers something that no other gym in this area offers - Boys and Girls can get the Best of Both Worlds - -Ninja & Gymnastics!

Ages 4-6 Tues 4:00-4:55

Ages 5-7 Mon 4:00-4:55

Ages 7+ Mon 5:00-5:55

Ages 5-8 Wed 6:10-7:05

**Freestyling at THE NEST:** Invite only Advanced Ninjas Class Mon 7:00-7:30

- More classes will be added to the schedule when classes fill. Make sure to have your child on a waiting list.
- Schedule subject to change.

THE GYM NEST... Helping Children SOAR to New Heights!



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## 2022 – 2023 School Year Calendar

|   | Date(s)*                  |
|---|---------------------------|
| School Year Begins (Tuition Installment 1 of 4 & Yearly Membership will be auto charged upon enrolling) | August 1                  |
| Closed for Labor Day  | CLOSED Sept 5             |
| Tuition (Installment 2 of 4)  | Week of October 3         |
| Fall Break – No Classes   | NO CLASSES Oct 10-14      |
| Halloween – No Classes  | Oct 31                    |
| Thanksgiving Break - No Classes   | NO CLASSES Nov 21-25      |
| Winter Break - No classes   | NO CLASSES Dec 19 – Jan 1 |
| Tuition Due (Installment 3 of 4)  | Week of Dec 26            |
| Spring Fling Exhibition Fees due  | Feb 1                     |
| Tuition (Installment 4 of 4)  | Week of Mar 6             |
| Spring Break - No classes   | NO CLASSES Mar 20-24      |
| Spring Fling Exhibition   | April 14 & 15             |
| Last Day of School Year Classes   | May 10                    |
| TGN Closed  | NO CLASSES May 15-29      |
| Summer Schedule Begins  | Tuesday, May 30           |

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

## 2022 – 2023 School Year Fees

### **Family Membership Fee** (due each August) - **\$70**

Registration, Waiver, Release, and Policies Agreement must be submitted with nonrefundable \$70.00 payment to reserve class time.

School Year Tuition will be paid in 4 installments (At enrollment, week of Oct 3, week of Dec 26, week of Mar 6) and will be auto charged to the card on file for the following amounts:

**Tuition Installments\*\*:** 55 minutes class per week: \$233 per installment  
 45 minutes class per week: \$224 per installment  
 40 minutes class per week: \$217 per installment  
 30 minutes class per week: \$200 per installment

When registering your child, you are registering for the entire School Term which ends May 10, 2023.

If withdrawal from The Gym Nest is wished to be made, a 30- day written notice must be submitted to Tina before the next tuition installment. A copy of the withdrawal form is located at [www.thegymnest.com/withdraw.pdf](http://www.thegymnest.com/withdraw.pdf). You may also send an email to [tgn@thegymnest.com](mailto:tgn@thegymnest.com) or ask and TGN will provide you with a Withdrawal Form. Verbal withdrawals / telling the instructor are not accepted. Simply stopping attendance to class does not constitute withdrawal from The Gym Nest, and the student is still considered enrolled, tuition continues to be due, and the card on file will be charged

**Private Lesson** - \$70 hour / \$52.50 half hour

**Parents Friday Night Out** (6:00-8:30) - \$25 (includes chips and bottled water) – dates TBA via Facebook, Instagram, email

**Birthday Parties** (during PNO) \$200 for 10 guests (\$5 per each additional guest) / \$100 nonrefundable deposit due to reserve

**Spring Fling Exhibition** - \$45 | Due Feb 1