



Help your child:

- * Stay active
- * Stay physically fit
- * Increase strength
- * Increase flexibility
- * Improve body awareness
- * Improve coordination
- * Learn fun skills
- * And SOAR to new heights...

...with **The Gym Nest Weekly Classes**



THE GYM NEST School of Gymnastics
120 Macon West Drive • Macon, Georgia 31210
478.474.3021 • www.thegymnest.com

TGN FLEX SCHEDULING for SUMMER

TGN Flex Scheduling gives families flexible scheduling options to help make scheduling your child's summer TGN classes easier than ever!

TGN's Summer Schedule will offer classes on Monday & Tuesday of each week – sign up for 1, 2, 3, 4, 5, 6, 7, or all 8 weeks.

Select the weeks that best fits your child's summer calendar!

Week 1: June 1 & 2

Week 2: June 8 & 9

Week 3: June 15 & 16

Week 4: June 22 & 23

Week 5: June 29 & 30

Week 6: July 6 & 7

Week 7: July 13 & 14

Week 8: July 20 & 21

The following classes will be available for Summer:

- * Gymnastics classes for ages 3+
- * Cheerleading classes for ages 4+
- * Parent & Me /Parent & Tot for ages 1 -2

Don't forget about our **Summer Fun Activities...**

Gymnastics Camp	June 8, 9, 10	9am – 12noon
Tumbling Clinic	June 4	5pm – 7pm
Tumbling Clinic	June 18	5pm – 7pm
Tumbling Clinic	July 9	5pm – 7pm
Private Lessons	Scheduled with Instructors	

The TGN Summer Flex Schedule & Fun Activities dates are on the next page!



TGN FLEX SCHEDULE FOR SUMMER 2015

Looking for a way to keep your kids active over the Summer, but worried about missing class for other activities or family events? TGN has the answer! With **TGN Flex Scheduling**, you only pay for and attend the weeks that fit your family's Summer schedule!

Our recreational programs stress the importance of helping each athlete learn and grow based on their own goals and abilities. So join us for a Summer of FUN THROUGH MOVEMENT and help your child develop the coordination, strength, and flexibility needed to excel in sports and physical education activities during the upcoming school year!

Call 478-474-3021 to register! • 120 Macon West Drive • www.thegymnest.com • Like us on facebook!

Fitting TGN classes into your Summer schedule is as easy as . . .

STEP 1 Select the Weeks to Attend

- Week 1: June 1 & 2
- Week 2: June 8 & 9
- Week 3: June 15 & 16
- Week 4: June 22 & 23
- Week 5: June 29 & 30
- Week 6: July 6 & 7
- Week 7: July 13 & 14
- Week 8: July 20 & 21

Classes will meet Monday AND Tuesday each week!

STEP 2 Select the Class(es)

- Gymnastics ages 3 & 4 4:30-5:25p
- Gymnastics ages 3 & 4 5:30-6:25p
- Gymnastics ages 3 & 4 6:30-7:25p
- Gymnastics ages 5+ 4:30-5:55p
- Gymnastics ages 5+ 6:00-7:25p
- Cheerleading ages 4-6 5:00-6:25p
- Cheerleading ages 7+ 6:30-7:55p
- Parent & Me / Parent & Tot 6:00-6:45p

STEP 3 Select the SUMMER FUN Activities*

- Tumble Clinic ages 5+ June 4 5:00-7:00p
- Gymnastics Camp ages 3+ June 8-10 9:00-Noon
- Tumble Clinic ages 5+ June 18 5:00-7:00p
- Tumble Clinic ages 5+ July 9 5:00-7:00p
- Private Lessons Call to schedule

*Want to participate in the Summer Fun Activities without signing up for classes? Then skip steps 1 & 2 and pick the activities from Step 3!

- SUMMER REGISTRATION FEE (Registration fee waived for our currently enrolled): \$10
- Parent & Me / Parent & Tot Weekly Fee: \$47
- Gymnastics ages 3 & 4 Weekly Fee: \$52
- Gymnastics ages 5+ Weekly Fee: \$57
- Cheerleading Weekly Fees: \$57
- Gymnastics Camp: \$90
- Tumble Clinic: \$30 (\$20 currently enrolled students)
- Private Lessons: \$50 per hour / \$40 each for 2 students per hour / \$37.50 per half hour