

# MADISON GYMNASTICS CENTER

29777 Old Highway 20  
Madison, AL 35756  
(256) 337-4496



*Gymnastics - the best all-around  
physical education for your child!*

## Fall Class Schedule 2017

2/3 classes	30 minutes	\$45 a month for once a week
4/5 classes	45 minutes	\$70 a month for once a week
All other classes	60 minutes	\$80 a month for once a week
Intermediate classes	1 1/2 hours	\$100 a month for once a week

There is a \$20 discount for adding a second class

Registration \$25 per year (waived for 3<sup>rd</sup> child)  
No full-year contract required, just a \$20 deposit and then  
a 30-day notice if stopping mid-year

The center is conveniently located at 29777 Old Highway 20 off the southern end of County Line Road. We are the Madison branch of Huntsville Gymnastics Center, offering you the same high -quality instruction, without the drive! We offer a wide range of class times, while consistently maintaining the lowest coach/student ratios in the area.

We offer gymnastics classes for boys and girls for ages 2 and up, as well as homeschool groups and Boys Team (our Girls Team trains in the Huntsville center). Since **this is just a preliminary list**, if you do not see the time you want, please ask and we will see what we can do to add a class at the time you need.

All our classes are kept very small. **We only allow 7 students in our older classes, and only 6 in the pre-school classes**, to ensure the best learning environment possible. **We never overfill classes! You are welcome to come by and watch our classes at any time.**

Ken Day is the director and head coach of the Center. Ken is a former gymnast and has coached and run gymnastics centers most of his professional life. Misayo Heacock-Lim is the girls developmental coach and Caleb Farrington is the boys developmental coach.

At MGC we focus on teaching. We teach gymnastics and tumbling skills using safe progressions in small classes with the best equipment – and enough of it that our students never have to wait in line. We want our students to be safe while they are learning and to develop strength, coordination and physical confidence through the unique sport of gymnastics.

We believe that these are the keys to our success, and the reason for our continual growth over the last twenty-four years. We warmly invite you to come by at any time and see our center. If there is no-one available when you call in Madison, just call us in Huntsville on 256-883-0566 and the staff there can assist you with all questions about Madison Gymnastics.

### 2/3 year-olds

Mon 5:30  
Mon 6:00  
Tue 10:00AM  
Thu 10:00AM  
Thu 5:45

### 4/5 year-olds

Mon 11:00AM  
Mon 1:30  
Mon 3:15  
Mon 3:30  
Mon 5:00  
Fri 3:15

### 6/7 year-olds

Tue 10:30AM  
Tue 1:30  
Wed 5:45  
Thu 10:30AM  
Thu 5:15  
Mon 3:15  
Wed 3:15  
Mon 4:00  
Mon 5:45  
Tue 3:15  
Tue 4:00  
Tue 5:00  
Wed 1:30  
Wed 3:15  
Thu 3:15  
Thu 4:15  
Thu 5:00  
Thu 6:00  
Fri 4:00

### 8+Girls

Mon 4:00  
Wed 1:30  
Wed 3:15  
Thu 3:15  
Thu 4:15

### Intermediate

Mon 4:15  
Wed 4:15  
Thu 6:00

### 6-8 Boys

Thu 3:15

### 8+Boys

Mon 6:45

### 8+Beginner Acro

Tue 3:15  
Wed 6:30

### 11+Beginner Acro

Call for times

### Intermediate/Adv Acro

Tue 5:45

Our Acro classes are very popular, because we keep small groups, just like our regular classes, and we use safe progressions with plenty of spotting as needed. Students work on tumbling, strength and flexibility. Beginner classes focus on cartwheels, round-offs and back handsprings. The Intermediate class requires a round-off back handspring.

**256-337-4GYM**  
(256-337-4496)

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