

Classes with a star "*" are new and need at least 3 students to open.
FREE Introductory Class!
 Please call ahead to schedule.

MID-COLUMBIA GYMNASTICS ACADEMY
1523-C FOWLER St. RICHLAND, WA 99352 735-3861
Recreation Gymnastics Class Schedule ~ mcga.org

Call for Class Availability!
 This schedule will be adjusted to meet the needs of our students and parents.
 Last Updated: 7-16-2008

TUMBLEROOS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TINY-ROOS 18 MO-3 YRS Parent participation. (45 min. per week)	6:15 Jamie S.	9:15 Davina F. 5:15 Noah H. & Ashley L.	9:15 Kristi T.	9:15 Kara R. 6:15 Sasha M & Katrina N.	9:15 Davina F. *6:15 Staff
LITTLE-ROOS 3-4 YRS OLD (45 min. per week)	*4:00 Lauren H. *5:00 Noah H. 7:00 Noah H. & Kaleb C.	10:00 Davina F. & Cassidy *12:15 Heather R. *4:00 Noah H. 6:00 Noah H. & Ashley L.	10:00 Davina F. & K.T. *11:00 Davina F. 5:15 Katrina N. & Ashley L. 6:00 Katrina N. & Ashley L	10:00 Heather & Cassidy *11:00 Cassidy N. 12:15 Heather R. 1:15 Cassidy N. 5:00 Katrina N. & Sasha M. 7:00 Sasha M & Katrina N	12:00 Davina F. 5:15 Noah H.
KANGAROOS (GIRLS) 4-6 YRS OLD (55 min. per week)	1:15 Willy T. 4:00 Willy T. 5:00 Ashley C.	10:00 Heather R. 11:00 Davina F. & Cassidy 4:00 Cassie L.	7:00 Jamie S.	9:00 Heather R. & Cassidy 10:00 Davina F. & Kara R. 12:15 Cassidy N. 1:15 Willy T. 6:00 Jamie S.	12:00 Willy T. 4:00 Noah H.
SUPER-ROOS (GIRLS) 4-6 YRS OLD (55 min.) By invitation only.		9:00 Heather R. & Cassidy 1:00 Willy		12:15 Willy T.	1:00 Willy T.
KANGAROOS (BOYS) 4-6 YRS OLD (55 min.)	12:15 Willy T 4:00 Noah H. 6:00 Noah H.	12:00 Willy T (Super-roos) Invitation only	10:00 Willy T. 6:00 Kaleb C.	10:00 Willy T. 6:00 Noah H.	5:00 Kaleb C.
Home School Classes 5-12 yrs. boys & girls (55 min.)					2:30 Ashley C. (Girls) 2:30 Noah (Boys)

GIRLS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5-7 YRS OLD BRONZE (55 min. per week)	5:00 Willy T. *6:00 Kaleb C. 7:00 Jamie S.	4:00 Lauren H. 5:00 Jamie S. 6:00 Jamie S.	5:00 Willy T. 6:00 Cassie L.	5:00 Jamie S. 6:00 Kaleb C.	4:00 Cassie L. 5:00 Cassie L. 6:00 Jamie S.
5-7 YRS OLD SILVER (55 min.)	6:00 Shayla M	4:00 Cherika W. 5:00 Cassie L.	6:00 Cherika W. 7:00 Cassie L.	4:00 Willy T. & Lauren H. 5:00 Ashley C.	5:00 Ashley C.
5-7 YRS OLD GOLD (2 hrs)				5:00 Willy T.	
7-10 YRS OLD BRONZE (55 min.)	5:00 Kaleb C. 7:00 Ashley C.	4:00 Jamie S. 6:00 Chloe H.	4:00 Jamie S.	4:00 Cherika W. 6:00 Ashley C. 7:00 Cherika W.	4:00 Willy T. 6:00 Ashley C.
7-10 YRS OLD SILVER (55 min.)	*4:00 Ashley C. 5:00 Shayla M. 6:00 Ashley C. & Sam S.	4:00 Jessica K. 5:00 Chloe H 6:00 Cassie L.	5:00 Jamie S. 7:00 Cherika W.	4:00 Ashley C. 7:00 Jamie S.	4:00 Ashley C.
7-10 YRS OLD GOLD (2 hrs)	4:00 Jamie S. 6:00 Cherika W.	5:00 Willy T.	4:00 Cassie L.	4:00 Shayla M.	4:00 Jamie S.
11-18 YRS OLD (55 min)		*7:00 Cassie L. (bronze)		7:00 Ashley C. (bronze/silver)	
Platinum (2 hours)		6:00 Jessica K.		*6:00 Shayla M.	

BOYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5-7 YRS OLD BRONZE & SILVER (55 min)	*5:00 Chris K.	4:00 Willy T. & Chris K (S) 6:00 Chris K. 7:00 Noah H.	4:00 Willy & Kaleb C.. Silver	5:00 Noah H. 7:00 Noah H. (silver)	4:00 Kaleb C. *5:00 Chris K.
7-10 YRS OLD BRONZE (55 min.)		5:00 Chris K.		4:00 Noah H. 6:00 Chris K.	*4:00 Chris K.
7-10 YRS OLD SILVER (55 min.)	7:00 Sam S. (7-10 silver)		7:00 Sam S. (7-10 silver)		

Listed above are the start times of each class. In the left hand column are the types of classes and lengths of each. Most new students attend one or two classes per week. Please check the office for availability, changes, or new classes.

Recreational Gymnastics Instructors: Heather Rasmussen, Kristi Thien, Kaleb Casey, Davina Fairchild, Sam Softich, Heidi Dudley, Cassie Leibold, Jamie Slinger, Cherika Woffinden, Kara Rohrig, Shayla McQuery, Willy Turner, Noah Hartelius, Chloe Hall, Cassidy Nacke, Ashley Condray, Ashley Lofton, Sasha Mshar, Katrina Newton, Conner Dykes, Lauren Hamada, Jessica Knollmeyer and Christopher Kraus.

Cheer & Tumbling Schedule

Cheer classes meet at 1360 Florida St. schedule last revised: 5-21-08

Tumbling Classes meet at MCGA 1523 Fowler St. 735-3861 www.mcga.org www.elite-forcecheer.org

Mid-Columbia Cheer Local Performance Teams & Classes
Our next 3 month session Begins July 2nd! Perform at the FAIR!

	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>
Cheer-e-Roos 4-6 yrs. 45 min/wk			6:00 KF & CB		
"Cubs" 5-7 yrs. 55 min/wk			6:00 RW & JD		
"Bears" 7-11 yrs. 55 min/wk			7:00 RW & JD		
Rebels- Middle/High School 55 min/wk			7:00 RW		

'08-'09 Elite Force Cheer Teams

<i>Teams</i>	Mon	Tues	Wed	Thurs	Fri	Sat
<i>Exhibition Force Team</i>		4:00-5:30 Kelly & Staff		4:00-5:30 Kelly & Staff		
<i>Youth Elite Force</i>	4:00-6:00 Kelly & J.J.	7:00-8:00 Tumbling	4:00-6:00 Kelly & J.J.			
<i>Junior Varsity Elite Force</i>		5:30-7:30 Denise	6:00-7:00 Tumbling	5:30-7:30 Denise	4:00-6:00 Denise	
<i>Senior Varsity Elite Force</i>	7:00-9:00 Chrissy		7:00-8:00 Tumbling	7:00-9:00 Chrissy		10:00-Noon Chrissy

*Force teams are by invitation only. For more information, contact us through www.elite-forcecheer.org.

	Mon	Tues	Wed	Thurs	Fri
6-11 yrs Boys and Girls Open to the public. 55 min/week	6:00 (Level 1-3) Willy & Jen		6:00 (Level 1-3) Sam or Willy		
11-18 yrs Boys and Girls Open to the public. 55 min./week	7:00 (Level 1-3) Jen & Cody		3:00-4:00 (Level 4-6) Will	7:00 (Level 1-3) Cody	

Cheer Staff: Christine Berglund, Kelly Fennell, Denise Christensen, Jennifer DeWitt, Christie Messinger, Ashleigh Mathews, Lexie Baasch, Ashley Lofton, Beth Millard and many clinicians.

Tumbling Staff: Todd Sawyer, Will Turner, Jen Forsythe, Cody Windsor, Sam Softich, Heather Rasmussen and many guest coaches throughout the year.