

Gymnastics Schedule

Mid-Columbia Gymnastics — 1523 E Fowler St. — Richland, WA 99352 — 735-3861
Recreational Class Schedule— Call for class availability! - www.mega.org

Updated: 8/13/10

Coed	Monday	Tuesday	Wednesday	Thursday	Friday
Tiny Roos 18m—3yr—Coed Parent Participation (45 min) limit 10	6:15 Karli K.&AC *7:00 Breanna C.	9:15 Davina F. 11:00 Kristi P. 5:15 Karli K.&KA 7:00 Karli K.	9:15 Kristy P.&EB *11:00 Davina F. 5:00 Breanna C. &BS	9:15 Kristy P. 6:15 Breanna C.	*9:15 Davina F. *5:00 Breanna S. 6:00 Breanna C.&KA
Little Roos 3-4yr - Coed (45 min)	*12:15 Eva B. 4:00 Karli K. 5:00 Karli K. & BC	10:00 Davina F. & KP *12:15 Davina F. & EB *1:15 Eva B. 4:00 Karli K. 6:00 Breanna C. <i>(Kalea)</i>	9:15 Davina F.&CN 10:00 Kristi P.&CN *11:00 Kristi P. 4:00 Karli K. 6:00 Breanna C.&AC	10:00 Kristy P. &CN 11:00 Davina F.&KP 12:15 Kristi P. & HR *1:15 Davina F. & KP 4:00 Shelby S. 5:00 Shelby S.&KK 7:00 Shelby S.&KK	4:00 Breanna C. *12:00 Eva B.
Girls	Monday	Tuesday	Wednesday	Thursday	Friday
Kangaroos 4-6yr—Girls Beginner (55 min)	*1:15 Willy T. 4:00 Willy T. *6:00 Chris K.	*9:00 Kristi P 10:00 Heather R&CN 11:00 Davina F. *12:15 Heather R. 4:00 Breanne S. *5:00 Staff (BC) 6:00 Karli K.	10:00 Davina F.&EB 4:00 Breanna C. *6:00 Breanne S. 7:00 Breanna C.	9:00 Davina F. & CN 10:00 Davina F. &HR 12:15 Davina F. 1:15 Willy T. 5:00 Willy T. 6:00 Karli K. *7:00 Breanne S.	*9:00 Eva B. 12:00 Davina F. 4:00 Chris K. 5:00 Karli K. *6:00 Shelby S.
Super-Roos 4-6yr—Girls By invitation (55 min)		9:00 Heather R.		1:15 Staff (w/Willy) *9:00 Heather R.	12:00 Willy T.
5-7yr -Girls Bronze—Adv. Beginner (55 min)	5:00 Willy T. 6:00 Shelby S. 7:00 Shelby S.	4:00 Shelby S. 5:00 Shelby S. *6:00 Staff (BC) 7:00 Breanne S.	*4:00 Breanne S. 5:00 Shelby S. *7:00 Shelby S.	5:00 Breanna C. 6:00 Shelby S. 7:00 Breanna C.	4:00 Willy T. *5:00 Breanne S. *6:00 Karli K.
5-7yr—Girls Silver (55 min)	6:00 Breanne S.	4:00 Christy G. 5:00 Breanne S.	5:00 Karli K.	4:00 Willy T.	5:00 Willy T.
5-7yr—Girls Gold (1hr 55min)	5:00 Shayla M.			5:00 Christie G.	
7-10yr-Girls Bronze (55 min)	4:00 Breanne S. 5:00 Breanne S. *7:00 Karli K.	6:00 Ian H. 7:00 Breanna C.	4:00 Shelby S. *7:00 Breanne S.	*4:00 Chris K. 6:00 Ian H. 7:00 Chris K.	4:00 Karli K 5:00 Breanna C. *6:00 Chris K.
7-10yr-Girls Silver (55 min)	4:00 Christie G. 5:00 Christie G. 6:00 Breanna C.	4:00 Breanna C. 6:00 Breanne S.	5:00 Willy T. 6:00 Shelby S.	*4:00 Christie G. *6:00 Breanne S.	4:00 Breanne S.
7-10yr-Girls Gold (1hr 55min)	4:00 Shelby S. 6:00 Christie G.	5:00 Christy G. 6:00 Shelby S.	*4:00 Christie G.	4:00 Shayla M.	4:00 Shelby S.
11-13yr-Girls (55 min)	*7:00 Chris K. <i>Bronze Level</i>	7:00 Ian H. <i>Bronze Level</i>	*7:00 Ian H. <i>Silver Level</i>	7:00 Ashley C. <i>Bronze/Silver Level</i>	
7-10yr—Girls Platinum (1hr 55min)			6:00 Christie G.		
Boys	Monday	Tuesday	Wednesday	Thursday	Friday
Kangaroos 4-6yr-Boys (55 min)	4:00 Breanna C. 6:00 Willy T.	*12:15 Willy T. 5:00 Willy T.	10:00 Willy T. 5:00 Ian H.	10:00 Willy T. 12:15 Willy T. & CK *4:00 Ian H. *6:00 Kyle A.	
5-7yr-Boys Bronze (55 min)	5:00 Chris K.	6:00 Chris K.		*5:00 Chris K.	*5:00 Chris K.
5-7yr-Boys Silver (55 min)		4:00 Willy T.	4:00 Willy T.		
7-10yr-Boys Bronze (55 min)	4:00 Chris K.	4:00 Ian H. *6:00 Kyle A.		6:00 Chris K.	5:00 Kyle A.
7-10yr-Boys Silver (55 min)		5:00 Ian H.	4:00 Ian H.	5:00 Ian H.	
Gold (1hr 55min)			5pm Chris K.		
Tumbling	Monday	Tuesday	Wednesday	Thursday	Friday
Coed (55 min)	6:00 Kyle A. (7-10yrs) 7:00 Todd S. (11-18)		7:00 Chris K. (6-10yrs)	7:00 Todd (11-18yrs)	

- Classes with a * are now forming as of the revision date of this schedule.
- **Free Introductory Class!**
- We offer family & multi-class discounts.
- Classes run year round. Join anytime!



Mid-Columbia Cheer Schedule



Cheer Teams, Tumbling, Dance, Pilates, Stretch and More! MCGA.ORG

New Location! 8382 W. Gage Blvd. Suite N. Kennewick, WA 99336. 735-3861 Schedule Revised: 8/6/10

Many Classes Open Now. Classes with a "*" are new and will open with 3 students. Punch Card Classes Open Now.

Force Recreational Performance Teams

	Mon	Tues	Wed	Thurs	Fri	Sat
Cheer With Me! 2-3 yrs/and parent 45 min/wk \$44 per month			*10:00 Beth			
Cheer-e-Roos 4-6 yrs. 45 min/wk \$44 per month		*9:00 a.m. Beth		*12:15 Beth	Birthday Parties!	Birthday Parties!
Cubs 5-7 yrs. 55 min/wk \$50 month			6:00 Jessica & Kendra	4:00 Dani Opens Sept. 2nd		
Bears 7-11 yrs. 55 min/wk \$50 month			7:00 Jessica & Kendra	5:00 Dani Opens Sept. 2nd		
X-Force *by invitation 2 hour class/ \$75 per month			*4:00 Kendra & Dani			
Rebels- Middle/High School 55 min/wk \$50 per month		5:30 Jessica				<i>Parties & Gym Rentals Fri, Sat, & Sundays</i>

Elite Force Competitive Cheer Teams

*Tumbling Separate.	Mon	Tues	Wed	Thurs	Fri	Sat
Youth Force White		4:00-5:30 Kendra & Beth		4:00-5:30 Kendra & Beth		
Youth Force Silver	4:00-6:00 Kelly, Beth, JJ		4:00-6:00 Kelly, Beth, JJ			
Senior Force Blue		6:30-8:30 Beth & Chrissy				8:00-10:00 Chrissy & Beth
Senior Force Teal	6:00-8:00 Chrissy & Beth			6:00-8:00 Chrissy & Beth		10:00-Noon Chrissy & Beth

Recreational Tumbling Classes

*See Gymnastics Gym Schedule for many classes held at our facility on Fowler St.	Mon	Tues	Wed	Thurs	Fri	Sat
Level 1- 55 min/week All recreational tumbling classes \$50 per month See office about multiclass & family discounts				6:00 Kendra		
Level 2- 55 min/week				*7:00 Kendra		
Level 3- 55 min/week						
Level 4+- 55 min/week	8:00 Beth Starts Sept.					

Specialized Classes (Dance classes will start when 3 students enroll. Call 735-3861 to sign up.)

Watch for updated schedules...	Mon	Tues	Wed	Thurs	Fri	Sat
Hip Hop Dance- 55 min/week. \$44 per month <i>Ask about multi-class and family discounts.</i>	*4:00 7-11 yrs. Kristen & Cara *6:00 5-7 yrs. Kristen & Cara *7:00 12 -Adult Kristen & Cara	*8:00 p.m. 12 yrs. to Adult Kristen & Cara				
Dance With Me! 2-3 yrs. & Parent Participation 45 min/week. \$44 per month.		*6:00 2-3 yrs. Kristen & Cara				
Dance- 55 min/week. \$44 per month <i>Ask about multi-class & family discounts.</i>		*4:00 4-6 yrs. Kristen & Cara *5:00 7-11 yrs. Kristen & Cara *7:00 12 yr-adult Kristen & Cara				
Pilates/Yoga Flow- 55 min/week <i>Punch Card Class</i>			7:00 Tricia All ages			
Fitness/Flexibility/Stretch 55 min/week <i>Punch Card Class</i>	5:00 All ages Kristen & Cara		8:00 pm. All ages Kristen & Cara			
Open Stunting 55 min/week <i>Punch Card Class</i>				*8:00 p.m. Beth MS/High School Starts Sept.		