

2016-2017 MIDDLESEX GYMNASTICS ACADEMY PROGRAMS

***GIRLS RECREATIONAL GYMNASTICS** for ages 5-up includes all Olympic events plus trampoline.

***BOYS RECREATIONAL GYMNASTICS** for ages 5-up includes all Olympic events plus trampoline.

***PRE-SCHOOL GYMNASTICS** in two age groups: ages 2½-4 in 45-minute classes; ages 4-5 in 1-hour classes. Age-appropriate equipment is used in all Olympic events including trampoline.

***NJ KIDFIT** (Parent & Child) is a unique program for children ages 14-40 months, divided into three age groups (14-22 months, 20-32 months and 30-40 months). Instruction emphasizes pre-gymnastics, motor movement, and sports skills, with classes held in a self-contained area of the gym.

***TUMBLING AND TRAMPOLINE** classes for girls and boys utilize MGA's multiple floor exercise areas, in-ground pits, tumble trak, and in-ground trampolines. For students learning & improving tumbling skills.

***RHYTHMIC GYMNASTICS** classes include instruction in the Olympic events – ribbon, ball, hoop, and rope, as well as basic floor skills, with an emphasis on flexibility.

***CLIMBING LESSONS** for boys and girls ages 6-up cover climbing commands, basic climbing and traversing skills, use of equipment and safety.

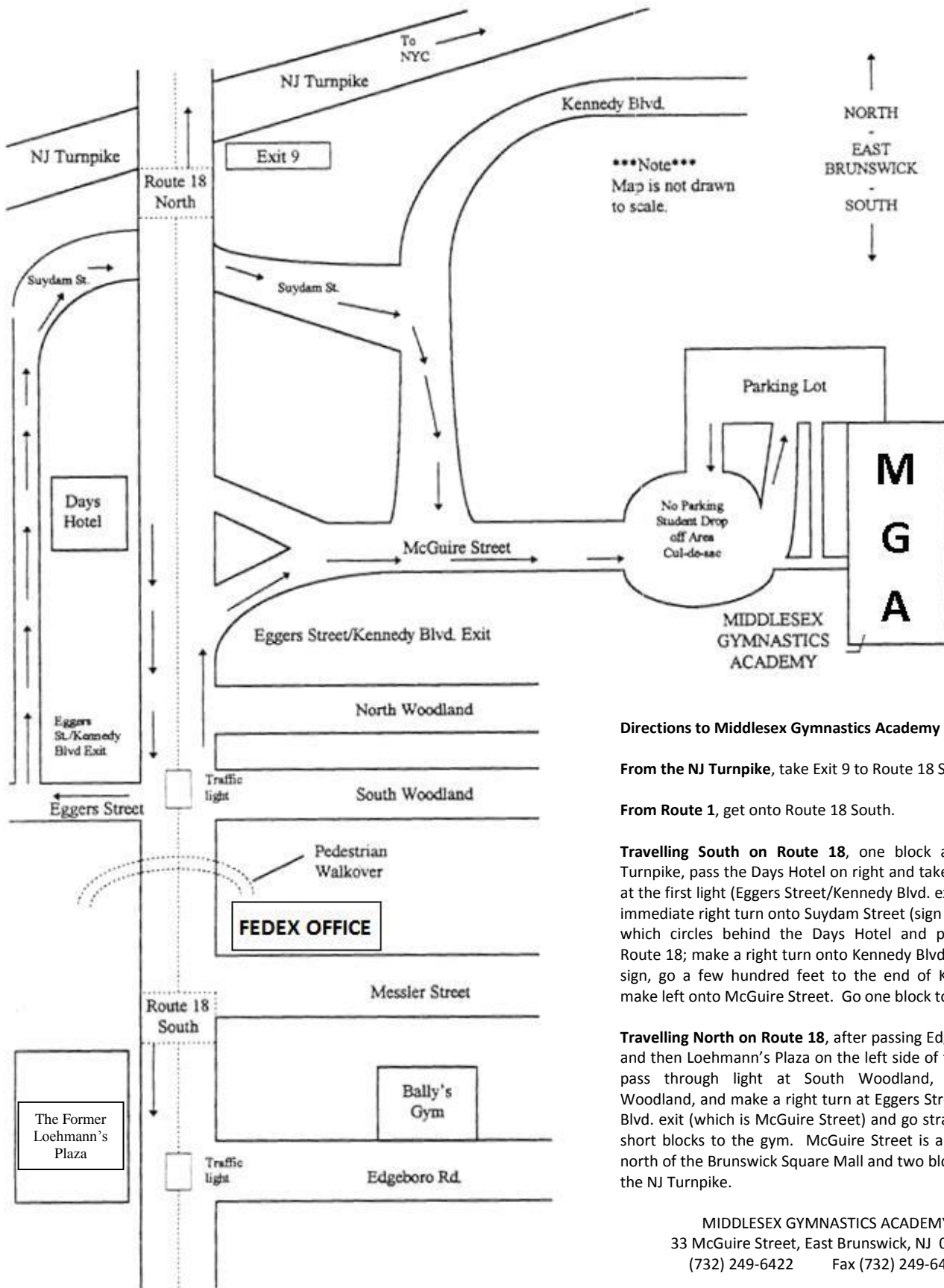
***ADVANCED CLIMBING TECHNIQUE** classes are conducted at our state-of-the-art indoor rock climbing facility – **GARDEN STATE ROCKS CLIMBING GYM** – in Morganville, NJ between Routes 9 and 18, 15 minutes south of MGA, (732) 972-3003.

***SUMMER MINI-CAMP:** A half-day, fun-filled program for girls and boys with gymnastics, trampoline, rock climbing, and rhythmic gymnastics.

***BIRTHDAY PARTIES:** MGA offers a variety of exciting party formats including: Fun & Games Gymnastics, Pre-School, Parent/Child (KIDFIT), and Mini-Lessons. Rock climbing parties are offered at our state-of-the-art climbing gym, **GARDEN STATE ROCKS CLIMBING GYM**, in Morganville, NJ between Routes 9 and 18, 15 minutes south of MGA, (732) 972-3003.

***MGA TEAM PROGRAMS:** USAG, XCEL, JOGA (Jersey Optional Gymnastics Association); and USA Climbing – held at **GARDEN STATE ROCKS CLIMBING GYM**, in Morganville, NJ between Routes 9 and 18, 15 minutes south of MGA, (732) 972-3003.

SEE SEPARATE SHEET FOR CLASS SCHEDULES AND TUITION



Directions to Middlesex Gymnastics Academy

From the NJ Turnpike, take Exit 9 to Route 18 South.

From Route 1, get onto Route 18 South.

Travelling South on Route 18, one block after the NJ Turnpike, pass the Days Hotel on right and take a right turn at the first light (Eggers Street/Kennedy Blvd. exit); make an immediate right turn onto Suydam Street (sign says U-Turn) which circles behind the Days Hotel and passes under Route 18; make a right turn onto Kennedy Blvd. at the yield sign, go a few hundred feet to the end of Kennedy and make left onto McGuire Street. Go one block to gym.

Travelling North on Route 18, after passing Edgeboro Road and then Loehmann's Plaza on the left side of the highway, pass through light at South Woodland, pass North Woodland, and make a right turn at Eggers Street/Kennedy Blvd. exit (which is McGuire Street) and go straight for two short blocks to the gym. McGuire Street is about 4 miles north of the Brunswick Square Mall and two blocks south of the NJ Turnpike.

MIDDLESEX GYMNASTICS ACADEMY
33 McGuire Street, East Brunswick, NJ 08816
(732) 249-6422 Fax (732) 249-6433

Visit our website at www.middlesexgymnastics.com