

2017-2018 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 FOR CHEER** 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, JOGA (Jersey Optional Gymnastics Association), Recreational Teams, 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