



Middlesex Gymnastics Academy

33 McGuire Street
East Brunswick, NJ 08816
(732) 249-6422



Dear Parents and Students:

The 2009-2010 gymnastics season marks Middlesex Gymnastics Academy's 31st anniversary. MGA is both pleased and proud to have served area families over this period and we look forward to the coming season.

We take great pride in our outstanding recreation class program, where we carefully organize students into classes by age and experience. Our goal is for all students to have fun and experience success. The classes are instructed by our USAG safety-certified staff.

NEW FOR THIS SEASON: A unique **GYMNASTICS DANCE PROGRAM** conducted by an accomplished instructor and choreographer (see insert) and an **EXPANDED PARTY PROGRAM** with a variety of party formats

GYMNASTICS CLASSES FOR GIRLS & BOYS

(organized by age & experience;
pre-school may be co-ed)

Monday thru Friday:

4:10-5:10 PM
5:20-6:20 PM
6:30-7:30 PM
7:35-8:35 PM

Saturday:

10:00-11:00 AM
11:10 AM-12:10 PM
12:20-1:20 PM
1:30-2:30 PM

2-HOUR GYMNASTICS CLASSES FOR GIRLS

Monday thru Friday:

4:15-6:15 PM

Tuesday & Thursday:

6:30-8:30 PM

GYMNASTICS DANCE CLASSES FOR GIRLS

Monday: 4:10-5:10 PM
5:20-6:20 PM
6:30-7:30 PM
7:35-8:35 PM

Tues & Thurs: 4:10-5:10 PM

Friday: 4:10-5:10 PM

5:20-6:20 PM

Saturday: 10:00-11:00 AM

NJ KIDFIT

(ages 14-40 months; 45 minute
parent/child classes)

Monday:

9:30 AM 14-22 mos.
10:20 AM 30-40 mos.
11:10 AM 20-32 mos.

Tuesday:

9:30 AM 14-22 mos.
10:20 AM 20-32 mos.
11:10 AM 30-40 mos.

Wednesday:

9:30 AM 30-40 mos.
10:20 AM 14-22 mos.
11:10 AM 20-32 mos.

Thursday:

9:30 AM 20-32 mos.
10:20 AM 14-22 mos.
11:10 AM 30-40 mos.

Friday:

9:30 AM 30-40 mos.
10:20 AM 14-22 mos.
11:10 AM 20-32 mos.

Saturday:

9:30 AM 14-22 mos.
10:25 AM 20-32 mos.
11:20 AM 30-40 mos.

PRE-SCHOOL GYMNASTICS CLASSES (may be co-ed)

Children are grouped as closely as possible by age. 4 & 5 yr. olds
usually are placed in different groups.

Monday:

9:30-10:30 AM (4-5)
10:40-11:25 AM (2½-4)

Tuesday & Wednesday:

9:30-10:30 AM (4-5)
10:40-11:25 AM (2½-4)
1:30-2:15 PM (2½-4)
1:30-2:30 PM (4-5)

Thursday & Friday:

9:30-10:15 AM (2½-4)
10:25-11:25 AM (4-5)
1:30-2:15 PM (2½-4)
1:30-2:30 PM (4-5)

Saturday:

9:00-9:45 AM (2½-4)
9:00-10:00 AM (4-5)
10:00-11:00 AM (4-5)
11:10 AM-12:10 PM (4-5)
12:20-1:20 PM (4-5)
1:30-2:15 PM (2½-4)
1:30-2:30 PM (4-5)

Monday thru Friday:

4:10-5:10 PM (4-5)
5:20-6:20 PM (4-5)
6:30-7:30 PM (4-5)

***PLEASE NOTE: 45 minute classes for ages 2½-4
will be scheduled for 4:10, 5:20, & 6:30 Mon-Fri
based on requests and gym availability.**

**TUMBLING & TRAMPOLINE
FOR BOYS & GIRLS** (may be co-ed)
Mon thru Fri: 4:10-5:10 PM
5:20-6:20 PM
6:30-7:30 PM
7:35-8:35 PM
Saturday: 11:10 AM-12:10 PM
12:20-1:20 PM

RHYTHMIC CLASSES
Mon thru Fri: 4:10-5:10 PM
Wed: 5:20-6:20 PM
6:30-7:30 PM
Saturday: 10:00-11:00 AM

TRAMPOLINE/CLIMBING FITNESS
Mon thru Fri: 5:10-6:10 PM
Saturday: 1:20-2:20 PM

BIRTHDAY PARTIES
MGA now conducts an expanded variety of party programs including: Fun and Games Gymnastics; Pre-School; KIDFIT; Combo Climbing/Trampoline; Rhythmic; and Gymnastics Mini-Lessons.

**COMBINATION CLASSES
GYMNASTICS/CLIMBING**
Mon thru Fri: 4:10-6:20 PM
5:20-7:30 PM
Saturday: 10:00 AM-12:10 PM
**Each class is 1 hour of gymnastics or tumbling/trampoline AND 1 hour of climbing.

**YOUTH CLIMBING
FOR BOYS & GIRLS** (ages 6-14)
Mon thru Fri:
4:10-5:10 PM
5:20-6:20 PM
6:30-7:30 PM
Saturday:
10:00-11:00 AM
11:10 AM-12:10 PM
12:20-1:20 PM

ADULT WOMEN'S GYMNASTICS
Tuesday: 7:30-9:00 PM For all levels
(same fee as hourly classes, no make-ups)

**TRAMPOLINE CLASSES
FOR GIRLS & BOYS**
Mon or Wed: 7:35-8:35 PM
Wed or Fri: 4:10-5:10 PM
Saturday: 12:20-1:20 PM

CLIMBING TECHNIQUE
(for experienced boys & girls ages 10-up)
Mon thru Thurs: 6:30-7:45 PM
Friday: 5:45-7:00 PM

During the last few seasons, members of our competition teams had unprecedented successes in various NJ State competitions. They won individual State Championships and honors in the four major USA Gymnastics (USAG) Junior Olympic programs: Girls Artistic, Boys Artistic, Girls Rhythmic, and Trampoline. Two trampoline team members finished in the top five at the 2008 national championships. Middlesex Gymnastics is the only professional school in New Jersey to achieve this success in all four disciplines of USAG sanctioned competition. MGA was also recently recognized by USAG as one of the top schools in New Jersey for girls gymnastics.

MGA TEAM PROGRAMS: USAG artistic for girls and boys, USAG trampoline for girls and boys, USAG rhythmic gymnastics for girls, Jersey Optional Gymnastics Association (JOGA) and Pre-JOGA for girls, and USA Climbing for boys and girls. ****Students must be evaluated for team placement; check at the front desk to schedule an evaluation.**

NEW FOR THE 2009-2010 SEASON: MGA'S NEW GYMNASTICS DANCE PROGRAM

Middlesex Gymnastics Academy is pleased to announce a unique new program called **GYMNASTICS DANCE**, conducted by Lyudmila Boskyh-Elghazal, head coach of MGA's highly-successful Rhythmic Gymnastics team program and an accomplished choreographer. Under her coaching, numerous MGA girls have reached the National competition level.

Students in the **GYMNASTICS DANCE** program will be instructed in ballet, jazz, hip-hop and modern dance, as well as Rhythmic Gymnastics using the ball, hoop, ribbon and rope. Students will also work on basic tumbling skills and increasing flexibility as part of each class. This is an ideal program for girls who love tumbling and dance, but dislike the bars, beam, and vault. At the end of the season, there will be a small recital of choreographed dance routines (without special costumes).

In addition to her coaching successes, as a performer Lyudmila was the Rhythmic Gymnastics champion of the central Asian countries of Kazakstan and Kyrgistan and went on to win the all-student championship of the Soviet Union. She was awarded the title of Master of Sports by the Soviet Union.