



Middlesex Gymnastics Academy

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



May 2009

Following is the schedule of MGA classes for the 2009-2010 season starting **MONDAY, AUGUST 31, 2009**. When using this pre-registration form, **PLEASE NOTE** we will be locking in a slot for your child(ren) with the enrollment period starting on August 31st. **NO CONFIRMATION** will be given, so please record the day and time selected. **TUITION BEGINS** for all pre-registered students on August 31st, so if your child must miss a class, please make a note of this on your form or call for an excused absence in order to schedule a make-up lesson.

**GYMNASTICS CLASSES
FOR GIRLS & BOYS (ages 5-up)**
(organized by age & experience;
girls and boys in separate classes)

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

**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

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.
1:30 PM 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.

**GYMNASTICS DANCE
Monday & Friday**

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

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.**

RHYTHMIC CLASSES
Mon thru Fri: 4:10-5:10 PM
Mon & Wed: 5:20-6:20 PM
Mon & Wed: 6:30-7:30 PM
Saturday: 10:00-11:00 AM
 11:10 AM-12:10 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.

ADULT WOMEN'S GYMNASTICS
Tuesday: 7:30-900 PM For all levels
 (same fee as hourly classes, no make-ups)

**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.

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

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

**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

TRAMPOLINE/CLIMBING FITNESS
Mon thru Fri: 4:00-5:00 PM
 5:10-6:10 PM
 6:20-7:20 PM
Saturday: 12:10-1:10 PM
 1:20-2:20 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. 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 placement on these teams.**

2009-2010 MGA PRE-REGISTRATION FORM

Mail to: MGA, 33 McGuire Street, East Brunswick, NJ 08816

Student's Name _____ Phone _____ Cell _____

Address _____ Town _____ ZIP _____

Birthdate _____ Age _____ Sex M _____ F _____

Parent's Name(s) _____ Alt. Phone _____

Type of Program _____ Class Day _____ Time _____

Previous Experience _____

Comments helpful in placement (strength, coordination, goals, any limitations, etc.) _____

To reserve slot in class, please include \$35 deposit for all gymnastics, tumbling/trampoline, fitness, and climbing programs, or \$25 deposit for KIDFIT. This **non-refundable** deposit will cover your child's insurance/registration fee if due in September. If the insurance is not due, the deposit will be applied to the September tuition due. All insurance/registration fees are good for 12 months. **CLASSES AND PROGRAMS START THE WEEK OF AUG 31st.**