



MGA Gymnastics Menu

(407)880-0809 MGAgymnastics.com gymadventure@gmail.com



Gymnastics

Preschool Gymnastics

Gymnastics for boys and girls 2-3 years old. Watch them explore new challenges, develop awareness, gain new skills and coordination, and learn social skills. One parent is required to attend class.

Girls Pink Level 1 and Level 2 Classes

Beginning level gymnastics classes for girls. Girls learn fundamentals on the four Olympic events (floor, vault, bars, and beam), and train flexibility and fitness. Age groups: 4-6yrs, 7-9yrs, and 10+.

Boys Champs Classes

Beginning level gymnastics classes for boys. Boys learn fundamentals on the six Olympic events (floor, pommel horse, rings, vault, parallel bars, and high bar), as well as flexibility and strength.

Pre-Teams and Teams

Girls Pink Plus Level 3 Classes

Classes are 2 hours long and offer accelerated training on floor, vault, bars, and beam, as well as flexibility and strength training. Pink Plus is for ages 5 and up with skill and score requirements to attend.

Boys Champs Plus Classes

Classes are two hours long and are more accelerated in skill development on floor, pommel horse, rings, vault, parallel bars, and high bar, as well as flexibility and strength training.

Girls Competitive Gymnastics

All levels of girls USAG Development Program and Xcel.

Boys Competitive Gymnastics

Boys Gymnastics Jr. Olympic Program, Levels 4-Elite

T&T Plus 2 Hour

Trampoline and Tumbling Coed level 3 and up

Events/Parties/Closings

In-Gym Competitions: Turkey Day Challenge (*November*), Reindeer Games (*January*), Shamrock Showdown (*March*), Safari Games (*May*)

Parties: Halloween Party, Easter Egg Hunt

Closings: Labor Day (Sat-Mon), 4th of July, Halloween, Thanksgiving (Wed-Sun), Christmas Eve - New Years Day, Memorial Day (Sat-Mon).

MGA Gymnastics
110 Athletes Row #150
APOPKA, FL 32703

Gymnastics Fusions

Cheer Tumbling

Beginning to advanced level tumbling to help you get the skills you need to excel on your cheer team at any level! Coed ages 5 and up.

Trampoline and Tumbling (T&T)

Our Trampoline and Tumbling program is for boys and girls ages 5 and up. Students learn skills on the 4 pieces of equipment: rod floor, double mini tramp, trampoline, and tumble track.

Ninja Squad

Boys and girls learn coordination, strength, and agility with our special blend of obstacle course, gymnastics, and fitness training.

Parkour

Boys and girls learn Parkour skills in a safe environment such as running, vaulting, precision jumping, dropping, flipping, rolling, climbing and swinging.

After-School Program

We offer after school pickup! All students receive an instructional class each day until you pick up by 6PM. Students will gain strength, coordination, and balance using gymnastics, ninja, and tumbling.

Summer Camp

MGA Girls and Boys Gymnastics Summer Camp is for kids ages 5-13. We teach a variety of activities throughout the 9-10 weeks we offer camp. Children are divided into groups according to gender, age, and skill level.

Additional Programs

Birthday Parties

Our birthday parties are offered for all ages for both boys and girls. We offer gymnastics, cheerleading, or parkour ninja warrior party theme party may be structured, free play, or a combination of the two. Our parties are offered during the week and on Sundays between the hours of 12PM-4PM.

Private Lessons

Private lessons are one-on-one classes with an MGA coach. Lesson caters to each student's specific needs, to help overcome trouble skills or to accelerate their progress.

Group Rentals/Group Discounts

We offer gym rentals and spring floor rentals for community groups, cheer groups, day care center camps, large parties, and group events.

Open Gyms

Our open gym time is designed for everyone to utilize the gym and the equipment independently. Coaches are available to assist in keeping you safe and to help with spotting. You do not have to be a member and friends and family are welcome.

Membership Pricing

\$60 start-up fee (includes uniform), then \$30 annually.

Other Pricing

CLASSES	1 class/ wk	2 classes/ wk	3 classes/ wk	4 classes/ wk	5 classes/ wk	
	Monthly	\$82	\$123	\$172	\$221	\$270
6-Months	\$70	\$100	\$125	\$150	\$175	
12-Months	\$65	\$85	\$115	\$140	\$165	
PRE-TEAM / TEAM	Pink Plus	\$130	\$175	\$215	\$255	\$295
	Champs Plus	\$130	\$175	\$215	\$255	\$295
	Girls Team	--	--	\$270	--	--
	Boys Team	--	--	\$180	--	--
	T&T Plus	\$130	\$175	--	--	--

FREEDOM CARD - Schedule your classes as needed

\$120 for 10 classes (reservation required)

AFTER-SCHOOL PROGRAM

\$120 per week (Monday - Friday)

SUMMER CAMP

\$200/wk (9am-4pm)

\$245/wk (9am-5pm)

\$270/wk (8am-6pm)

BIRTHDAY PARTIES

\$150 + \$35 per instructor 1 hr in gym, 30 min party area

\$15 per additional child, **\$30** additional 30 min.

OTHER PRICING

Open Gym - \$7/hr **Floor Rentals** - \$85/hour per floor

Private Lessons - \$50/hr

Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
3pm			Parkour		4pm	Preschool
4pm	Preschool	Preschool	Champs 4-8yr	Preschool		
	Pink Level 1 (4-6yr)	Pink Level 1 (4-6yr)	Pink Level 1 (4-6yr)	Pink Level 1 (4-6yr)		
	Pink Level 1 (7-9yr)	Pink Level 1 (7-9yr)	Pink Level 1 (7-9yr)	Pink Level 1 (7-9yr)		
	Parkour	Parkour	Pink Level 2 (10+yr)	Parkour		
5pm	Ninja Squad	Pink Level 1 (4-6yr)	Ninja Squad	Pink Level 1 (7-9yr)		
	Pink Level 1 (4-6yr)	Cheer Tum Beg.	Pink Level 1 (4-6yr)	Cheer Tum Beg.		
	Pink Level 1 (7-9yr)	Cheer Tum Int.	Pink Level 1 (7-9yr)	Cheer Tum Int.		
	Pink Level 2 (4-9yr)	Champs 4-8yr	Pink Level 2 (4-9yr)	Champs 4-8yr		
	Champs 8+yr		T&T Beginner			
6pm	T&T Beginner	Preschool	T&T Beginner	Preschool		
	Pink Level 1 (4-6yr)	Pink Level 1 (4-6yr)	T&T Intermediate	Pink Level 1 (4-6yr)		
	Pink Level 1 (7-9yr)	Pink Level 1 (7-9yr)	Pink Level 1 (4-6yr)	Pink Level 1 (7-9yr)		
	Pink Level 2 (4-9yr)	Pink Level 2 (10+yr)	Pink Level 1 (7-9yr)	Pink Level 2 (4-9yr)		
7pm	Pink Level 2 (4-9yr)	Pink Level 1 (4-6yr)	Pink Level 1 (4-6yr)	Pink Level 1 (4-6yr)		
	Pink Level 2 (10+yr)	Pink Level 2 (4-9yr)	Pink Level 1 (7-9yr)	Pink Level 1 (7-9yr)		
	Ninja Squad	Pink Level 2 (10+yr)	Pink Level 2 (4-9yr)	Pink Level 2 (4-9yr)		
			Ninja Squad	Pink Level 2 (10+yr)		

Open Gyms
 Sunday 12-3pm
 Tue/Thu 7:30-8:30pm (Adults)
\$7 per hour

Birthdays Parties
 Sunday 12-4pm

Team/Pre-Team

	Monday	Tuesday	Wednesday	Thursday	Sunday
Pink Plus Level 3	5-7pm	4-6pm	4-6pm	4-6pm 6-8pm	2-4pm
Girls Team		6:30-9pm (DP)	3:30-6:30 (Xcel) 6-9pm (DP)	6:30-9pm (Xcel)	11:30am-3pm (Xcel and DP)
Boys Champs Plus	5-7pm	5-7pm		5-7pm	
Boys Team	4-7pm	4-7pm		4-7pm	12-3pm
T&T Plus			6-8pm		

