



# Jump Start Gymnastics

*Classes Designed for Children with  
Autism and their Parents.*

Mid-Columbia Gymnastics has been teaching children since 1986. We strive to ensure that every child learns and grows in a positive environment. Our Jump Start Gymnastics Classes are designed to meet the needs of children with Autism and to benefit them in so many ways...

**Balance, Coordination, Flexibility, Strength, Balance,  
Body Awareness, Height & Depth Perception,  
Large & Small Motor Skills, Loco motor Skills,  
Manipulative Skills, Rhythm, Social Skills,  
Increase Self Esteem, and Much More!**

*We use gymnastics as a tool to increase a child's potential to function at a higher level in their everyday lives. Our caring staff is patient, kind and excited to work with children with all levels of Autism.*

**Classes run year round! FREE Introductory Class.**

**45 minute class per week. Just \$44 per month.**

(\$40 annual family registration fee may apply. Pro-rated during the year.)

**Classes may be added or deleted if needed during the year.**

\*All classes are parent participation. Please reserve a space in class ahead of time.



**3-6 year olds-**  
Monday 9:00 a.m.  
or Tuesday 12:30 p.m.

**5-11 year olds-**  
Wednesday 3:15 p.m.



**Mid-Columbia Gymnastics & Cheer**

1523-C Fowler St. Richland, WA 99352 [www.mcga.org](http://www.mcga.org)

**735-3861**