

GYMNASTICS!

Check out Mid-Columbia Gymnastics Academy's Recreational Gymnastics Program for Elementary, Middle and High School Boys and Girls.

Our program uses curriculum from USA Gymnastics as well as our 22 years of experience in teaching children in our community. Over 130 classes offered!

There are unlimited benefits of non-competitive gymnastics lessons:

~**Physical benefits:** increased core strength, power, flexibility, balance and overall fitness.

~**Movement Education:** body awareness, injury prevention, coordination, learn how to "fall" correctly & safely, great physical foundation for all sports!

~**Character Building:** respecting themselves & others, responsibility, time management, sportsmanship and leadership.

~**Social Skills:** getting along with others, problem solving, goal setting, listening skills & empathy for others.

Students are grouped by age, gender and skill level.

Age Groups

5-7 year old girls or boys

7-10 year old girls or boys

11 years old and up girls or boys

Skill Levels

Bronze- Beginning/ 55 min. per week, \$50 month

Silver- Intermediate/ 55 min. per week, \$50 month

Gold- Advanced/ 2 hrs. per week, \$70 month

Platinum- Highest Level Rec./ 2 hrs per week, \$70 month

Curriculum: Girls work on the uneven bars, balance beam, floor exercise & vault.

Boys work on the rings, pommel horse, floor exercise, high bar, vault & parallel bars.

*All students learn trampoline safety & skills.

We offer more classes to choose from... more age levels... more skill levels... & more teachers!

10% family discount (on all kids in the family)! Multi class discounts.

Family registration fee may apply (pro-rated throughout the year). Make up classes available.

Mid-Columbia Gymnastics & Cheer... Since 1986!

735-3861

1523-C Fowler St. Richland, WA 99352

Check out WWW.MCGA.ORG

gymnastics & cheer schedules, competitive gymnastics & cheer teams, tumbling, coupons, birthday parties, pre-school classes, toddler classes & Indoor Playground for ages 0-6!

