

Xcel Gymnastics Prices

Standard Memberships

- No Contract
- Auto-pay 1 or 3 mo.

Monthly 1x	Monthly 2x	3 Months 1x	3 Months 2x
\$78 +\$30 Annual Fee	\$108 \$30 Annual Fee	\$229 +\$30 Annual Fee	\$319 +\$30 Annual Fee

Short-Term Memberships

- Discounted rates
- Auto-pay monthly
- 6 mo. commitment

6 Months 1x	6 Monthly 2x	6 Months 3x
\$66.30/Mo +\$30 Annual Fee 1st/last month due	\$91.80/Mo +\$30 Annual Fee 1st/last month due	\$117.30/Mo +\$30 Annual Fee 1st/last month due

Long-Term Memberships

- Discounted rates
- Auto-pay monthly
- 1 yr. commitment

Annual 1x	Annual 2x	Annual 3x
\$58.50/Mo +\$30 Annual Fee 1st/ last month due	\$81.00/Mo +\$30 Annual Fee 1st/ last month due	\$103.50/Mo +\$30 Annual Fee 1st/ last month due

- **1st Month is discounted to \$49!**
- Annual fee of \$30 due at sign up (non-refundable)
- Monthly fees are non-refundable once billed
- Cancellation requires notice 10 days prior to billing by email
- You may freeze your account for 30 Days for \$25
- Frozen accounts will automatically reactivate after 30 days

- 6 Month accounts pay 1st and last month (non-refundable)
- Annual fee of \$30 due at sign up (not refundable)
- Monthly fees are non-refundable once billed
- Cancellation requires notice 10 days prior to billing by email
- Memberships will renew after 6 Months
- You may freeze your account for 30 Days for \$25
- You may freeze your account 1x per 6 months
- Frozen accounts will automatically reactivate after 30 days

- Annual accounts pay 1st and last month (non-refundable)
- Annual fee of \$30 due at sign up (not refundable)
- Monthly fees are non-refundable once billed
- Cancellation requires notice 10 days prior to billing by email
- Memberships will renew after 12 months
- You may freeze your account for 30 Days for \$25
- You may freeze your account 2x per 12 months.
- Frozen accounts will automatically reactivate after 30 days

Xcel Gymnastics Curriculum

Xcel Routines	
VAULT	Jump handstand flat back
BARS	Glide swing, Pull over, Cast, Back Hip Circle, Under Swing Dismount.
BEAM	Jump to support, leg cut over, hook feet, squat, stand (mount) Pivot turn, Arabesque, Split leap, Lever to 3/4 handstand, Passe Walk, Passe Walk, Straight jump, Cartwheel Hand, Hold Dismount
FLOOR	Handstand front roll, Power hurdle roundoff rebound, Back roll Bridge kick over, Split leap, Straddle jump

About Our Teachers

MGA Gymnastics is a learning and teaching gymnastics center. We train our own staff each day helping them to grow and learn more about the sport every day. There are mentors for each program that guide each day helping teachers teach their students in the best ways.

The coaches are always improving their credentials with USA Risk Test, Safety Certifications and Skills testing too. The coaches and kids get to show off what they have learned from their teachers with 4 in gym competitions a year.

November	Turkey Trot Challenge
January	Reindeer Games
March	March Madness
May	May Day Challenge



MGA Gymnastics Xcel Program

Dream **BIG...**
Xcellence For Everyone!

110 Athletes Row
Apopka, Florida 32757
(407) 880 0809 www.mgagymnastics.com
Email: gymadventure@gmail.com

The Xcel Program

The **Xcel Program** is a gymnastics program of Beginning, Intermediate and Advance levels of gymnastics for everyone to Xcel. This program is an alternate program to the **Junior Olympic (JO) program**.

The **Xcel program** is an avenue for all children to compete at all levels of gymnastics. At MGA We have implemented this program so that all of students have the chance to Xcel and reach their own individual goals.

Xcel Levels/Age Groups

When you begin gymnastics here at MGA, we will begin teaching the basic element/skills on each event: Bars, Beam, Floor and Vault.

As your child improves they will begin to learn the **Xcel Beginning Level** routines in their classes. **The Xcel Level** is split into three age groups: Group (1) 4-6yrs, Group (2) 7-9yrs Group (3) 10 - 14 yrs.

As your child continues to grow they will be given the opportunity to move to **Xcel Bronze Team**. Each gymnast commits to her own schedule and hours. They are offered in gym (home) only meets, where they are challenged and rewarded.

Xcel Gymnastics Progression



Xcel Gymnastics Classes - 3 Age Levels Xcel Bronze Team - All ages



Xcel Silver Team or Move to the J.O. Program
Xcel Gold Team
Xcel Platinum Team
Xcel Diamond Team



Students that move to the JO Program will continue in the Level 1 TAG Program. A coaches evaluation is required for JO.

Xcel Gymnastics Schedule

Class	Mon	Tue	Wed	Thu	Fri	Sat
Xcel 4-6 yr	4:15	4:15 6:15	5:30 6:30	4:00 4:30 6:30	4:15 6:30	9:00 10:15
Xcel 7- 9 yr	4:30 6:30	5:00 5:30	4:15 5:00	5:30 6:15	4:30 5:30	9:15 10:30 11:30
Xcel 10-14 yr	6:15		4:30	5:00 6:00	7:15	9:30
Xcel Bronze	4-6p 6-8p				4-6p 6-8p	9- 12p

Sign up today!
First Month discounted.
Starting @ \$49/mo
Annual Enrollment \$30