

Xcel Gymnastics Prices

	1 CLASS/WK	2 CLASSES/WK	3 CLASSES/WK	
MONTHLY MEMBERSHIPS - No Contract - Auto-pay monthly	\$78/mo. +\$30 annual fee	\$108/mo. +\$30 annual fee	\$138/mo. +\$30 annual fee	- 1st Month is discounted to \$49! - Fees are non-refundable once billed - Cancellation requires email notice 10 days prior to billing - You may freeze your account for up to 30 days for \$25 - Frozen accounts will automatically reactivate after 30 days
3-MONTH MEMBERSHIPS - No Contract - Auto-pay every 3 mo.	\$229/3 mo. +\$30 annual fee	\$319/3 mo. +\$30 annual fee	\$409/3 mo. +\$30 annual fee	- Fees are non-refundable once billed - Cancellation requires email notice 10 days prior to billing - You may freeze your account for up to 30 days for \$25 - Frozen accounts will automatically reactivate after 30 days
6-MONTH MEMBERSHIPS - Discounted rates - Auto-pay monthly - 6 mo. commitment	\$66.30/mo. +\$30 annual fee	\$91.80/mo. +\$30 annual fee	\$117.30/mo. +\$30 annual fee	- 6 month members pay 1st and last month (non-refundable) - Fees are non-refundable once billed - Cancellation requires email notice 10 days prior to billing - Membership will automatically renew after 6 months - You may freeze your account for up to 30 days for \$25 - You may freeze your account once per 6 months - Frozen accounts will automatically reactivate after 30 days
12-MONTH MEMBERSHIPS - Discounted rates - Auto-pay monthly - 12 mo. commitment	\$58.50/mo. +\$30 annual fee	\$81/mo. +\$30 annual fee	\$103.50/mo. +\$30 annual fee	- 12 mo. members pay 1st and last month (non-refundable) - Fees are non-refundable once billed - Cancellation requires email notice 10 days prior to billing - Membership will automatically renew after 6 months - You may freeze your account for up to 30 days for \$25 - You may freeze your account once per 6 months - Frozen accounts will automatically reactivate after 30 days
XCEL BRONZE MEMBERSHIPS - No Contract - Auto-pay monthly	\$125/mo. +\$30 annual fee	\$165/mo. +\$30 annual fee	\$195/mo. +\$30 annual fee	- Fees are non-refundable once billed - Cancellation requires email notice 10 days prior to billing - You may freeze your account for up to 30 days for \$25 - Frozen accounts will automatically reactivate after 30 days
	1 CLASS	5 CLASSES	10 CLASSES	
DROP-N-GO MEMBERSHIPS - Discounted rates - Pay ahead per class - Use when you want	\$16.99 +\$30 annual fee	\$75 +\$30 annual fee	\$140 +\$30 annual fee	- Fees are non-refundable once billed - Reservation required to guarantee place in class - Reservations that are not cancelled count as a lesson - You may cancel a reservation up to 1 day prior - Reservations can be made up to 1 week ahead of time - Reservations can be made via phone or email

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 certifications and skill testing. Kids get to show off what they have learned from their teachers with 3 in-gym competitions per year:

November	Turkey Day Challenge
January	Reindeer Games
March	Shamrock Showdown

Xcel Pink Curriculum

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



MGA Gymnastics Girls Xcel Gymnastics 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 to advanced level gymnastics for girls. Girls work on the four Olympic gymnastics events - uneven bars, balance beam, floor, and vault.

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 excel and reach their own individual goals.

Xcel Classes and Age Groups

At MGA, there are 2 options for your child when they begin taking classes. You do not need previous experience for either program.

The first option is the **Xcel Pink** program. This program is 1 hour long per class, and teaches fundamentals on each of the four events, along with some flexibility and strength training. These classes are split up into 3 different age groups: 4-6 yrs, 7-9 yrs, and 10+ yrs.

The second option is the **Xcel Bronze** program. These classes are 2 hours long, and are more accelerated in skill development on the same four events, as well as flexibility and strength training. This is for girls of all ages.

Xcel Gymnastics Progression

Xcel Pink Gymnastics Classes



- 4-6 year olds
- 7-9 year olds
- 10+ year olds

Xcel Bronze (accelerated classes) - All ages



Xcel Silver Team - beginning level competitive
Xcel Gold Team - intermediate level competitive
Xcel Platinum Team - advanced level competitive
Xcel Diamond Team - most advanced level competitive



Children can also excel with one-on-one private lessons. Talk to your instructor today!

Xcel Gymnastics Schedule

Class	Mon (PM times)	Tue (PM times)	Wed (PM times)	Thu (PM times)	Fri (PM times)	Sat (AM times)
Xcel Pink 4-6 yrs	4:00 5:00	4:00 6:00	4:00 5:00	4:00 6:00	4:00 5:00	9:00 10:00
Xcel Pink 7- 9 yrs	4:00 5:00	4:00 6:00 7:00	4:00 5:00	4:00 6:00 7:00	4:00 5:00	9:00 10:00
Xcel Pink 10+ yrs.	4:00	4:00 6:00 7:00	4:00	4:00 6:00 7:00	4:00	9:00
Xcel Bronze All Ages	5-7p		5-7p		5-7p	

Sign up today!
Starting at \$49 for your first month!
Annual Enrollment \$30