

OUR MISSION

We want to provide gymnastics training to all ability levels and ages in a safe, progressive, and fun environment. We want each gymnast to reach their highest ability level.



Jen Blake - Level 8 State Champion



Competitive Teams: We have USA Gymnastic Junior Olympic Women's Artistic Gymnastic Levels 1 - 10, Junior Olympic Trampoline and Tumbling Team, and USAIGC Women's Program. Gymnastic teams are by invitation only.

Team Accomplishments:

NJ State Champion Level 8 Women
NJ State Champion Level 3,4,5,6 Tumbling
NJ State Champion Level 7,8, 9 Tumbling
NJ State Champion Level 3,5, 6 Trampoline
NJ State Champion Level 7, 8, 9 Trampoline
Region 6 Level 5 Trampoline Champion
Region 6 Level 6 Trampoline Champion
Region 6 Level 7 Trampoline Champion
Region 6 Level 8 Trampoline Champion
Region 6 Level 9 Trampoline Champion
Region 6 Level 4 Tumbling Champion
Region 6 Level 6 Tumbling Champion
Region 6 Level 7 Tumbling Champion
Region 6 Level 9 Tumbling Champion
4th Place Junior Olympic National Level 8 Trampoline
3rd Place Junior Olympic National Level 6 Tumbling
3rd Place Junior Olympic National Level 7 Tumbling
2nd Place Junior Olympic Nationals Level 6 Trampoline
2nd Place Junior Olympic Nationals Level 5 Double Mini Trampoline
2nd Place Junior Olympic National Level 6 Double Mini Trampoline
Junior Olympic National Champion Level 8 Trampoline
Junior Olympic National Champion Level 9 Trampoline

MOTION GYMNASTICS



Recreational Classes

PO Box 717

55 Route 31 South, Building C

Pennington, NJ 08534-0717

Phone: 609-730-9394

Fax: 609-730-9339

E-Mail: MotionGym@aol.com

Website: www.motiongymnastics.com

What Gymnastics Offers.....

Gymnastics provides a great foundation and offers skills for a lifetime. Participation in gymnastics builds strength, flexibility, and coordination while enhancing performance in other sports.



Gymnastics builds self esteem and goal setting abilities in all children, helping them to become champions in life.



Gymnastic Class Offerings

The Fall Season begins in September and ends in May. Motion Gymnastics offers classes in boys' and girls' gymnastics, tumbling, and trampoline. These classes are an hour long and meet once a week with an instructor/student ratio of 1:7.

The Level System

Gymnastic Classes utilize all of the appropriate equipment: Girls' classes use: floor, vault, balance beam, uneven bars, trampoline, and power trak.

Boys' classes use: floor, vault, high bar, parallel bars, rings, pommel horse, trampoline, and power trak.

Tiny Paws: Basic gymnastics for the 2 ½ to 3 year old.

Cubs: Basic gymnastics for the 3 to 4 year old.

A: Beginner Gymnastics - learning handstands and cartwheels.

B: Beginner/Intermediate Gymnastics - Kickovers, Back bends, Pull Overs

C: Intermediate Gymnastics - Walkovers, Roundoffs

D: Intermediate/Advanced Gymnastics: Handsprings

Adult Classes

This for those adults who used to be gymnasts or always wanted to try gymnastics.

Tumbling Classes

We offer straight tumbling classes that focus on floor, trampoline, and "power trak". These classes are great for cheerleaders, martial artists, hip hop crews, or anyone who enjoys floor!



Trampoline Classes:

These classes focus on learning the proper way to jump trampoline as well as some tumbling and power trak.

