



Providing 28 years of fun, friends and fitness to NY Kids!

WINTER/SPRING SESSION
February 1st – June 19th, 2010
Mommy & Me Classes (9 months-3years)

9 months-walking (Music & Movement)

Day	Time	Age (months)	
TH	12:10-12:50	(9 mos.-walking)	Music

12-17 months

Day	Time	Age (months)	
M	9:30-10:10	(12-17)	Gym
F	11:00-12:00	(12-24)	Gym/Music

18-24 months

Day	Time	Age (months)	
M	10:25-11:40	(18-30)	Gym/Music
T	9:30-10:10	(18-30)	Gym
W	9:45-10:25	(18-35)	Gym
TH	9:30-10:10	(18-35)	Gym
TH*	3:25-4:05	(18-35)	Gym
F	9:40-10:55	(18-30)	Gym/Music
F	11:00-12:00	(12-24)	Gym/Music
SAT	9:45-10:25	(18-35)	Gym

25-30 months

Day	Time	Age (months)	
M	10:25-11:40	(18-30)	Gym/Music
T	9:30-10:10	(18-30)	Gym
T	10:15-10:55	(25-35)	Gym
W	9:45-10:25	(18-35)	Gym
TH	9:30-10:10	(18-35)	Gym
TH	10:25-11:40	(25-35)	Gym/Music
TH*	3:25-4:05	(18-35)	Gym
F	9:40-10:55	(18-30)	Gym/Music
SAT	9:45-10:25	(18-35)	Gym

31-35 months

Day	Time	Age (months)	
M	9:40-10:55	(25-35)	Gym/Music
T	10:15-10:55	(25-35)	Gym
W	9:45-10:25	(18-35)	Gym
TH	9:30-10:10	(18-35)	Gym
TH	10:25-11:40	(25-35)	Gym/Music
TH*	3:25-4:05	(18-35)	Gym
SAT	9:45-10:25	(18-35)	Gym

TUITION	Mon or Sat 17 weeks	Tues, Wed, Th or Fri 18 weeks
Music & Mov't	-----	\$450
Gym	\$560	\$595
Gym & Music (1 hr 15 min)	\$680	\$720
Gym & Music (1 hour)	-----	\$650

Mommy & Me Music & Movement (9 months-walking) It's time to wiggle and giggle. A 40 minute class where you (or your caregiver) and your child will sing, clap, play, move & groove together to music and rhyme. It doesn't get any cuter than this!

Mommy & Me Gym (12 months-3 years) Come join us for 40 minutes of non-stop action. Our enthusiastic teachers will lead you (or a caregiver) and your child through an exciting class filled with running, jumping, swinging and stretching. Our safe, colorful, state-of-the-art facility will make every toddler want to jump for joy! Class time includes free play, circle time, bubble time, parachute play and supervised exploration in our fun and fantastic gym...just the right size for tiny tumblers!

Mommy & Me Gym and Music Combo (12 months-3 years) A wildly popular and fun-filled class for the child who loves to both move, groove and munch. Our special 75 minute class combines all the fun of a Mommy & Me Gym class (see previous outline) with an incredible 30 minute music class. One of our dynamic music teachers will lead you through a singing and dancing extravaganza, loaded with shakers, streamers and silly songs. A yummy snack and story top off the mix. (1 hour gym & music class options also available)

Sibling Class* Bring both kids at the same time! We have class options for siblings where noted (*) for your preschool aged child (3-5 years). Check the coordinating Preschool Gymnastics schedule for more information.



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WINTER/SPRING SESSION
February 1st – June 19th, 2010
Preschool Gymnastics (3-5 years)

Tumbling Tots (3-4 yrs) (4-5 yrs)

Day	Time	Age
M	12:55-1:55	(3-4) (4-5)
M	4:10-5:10	(4-5)
T	11:00-11:50	(3-4) (4-5)
T	12:55-1:55	(3-4) (4-5)
T	2:30-3:30	(3-4) (4-5)
W	1:00-2:00	(3-4) (4-5)
TH	12:55-1:55	(3-4) (4-5)
TH*	3:25-4:15	(3-4) (4-5)
F	12:55-1:55	(3-4) (4-5)
F	4:10-5:10	(3-4) (4-5)
SAT	10:40-11:40	(3-4) (4-5)

TUITION	Mon or Sat 17 weeks	Tues, Wed, Th or Fri 18 weeks
Tumbling Tots (1 hr)	560	595
Tumbling Tots (50 min)	-----	495
Sibling Gym *	-----	480

Tumbling Tots (3-5 years)

Do you have a preschooler who is always on the move? Our one hour Tumbling Tots program will keep them flippin' head over heels! The fundamentals for gymnastics (and all sports) are developed as children improve their skills on balance beams, bars, rings, tumbling, floor work, vault, tumbletrak, our space bouncer and so much more! In a class filled with giggles and laughter, your child will develop self confidence while experiencing the joys of gymnastics. You just won't find a more attentive and caring staff anywhere! Student/Teacher ratio is 6 to 1. Children are grouped by age.

Sibling Class (Preschool and Mommy & Me) *

Bring both kids at the same time! We have class options for siblings where noted (*) for your Mommy & Me aged child (18-35 mos). Check the coordinating Mommy & Me schedule for more information. **Discounted tuition only applies to those who have a sibling in the coordinating Mommy & Me class.**



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WINTER/SPRING SESSION

February 1st-June 19th, 2010

Girls & Boys Programs (Kindergarten-8th grade)

Boys Gymnastics (K-3rd grade)

Day	Time
M	5:20-6:20
W	4:10-5:10

Girls Kindergym (kindergarten)

Day	Time	Grade
M	4:10-5:10	(K-2 nd)
M	5:20-6:20	(K-2 nd)
T	4:20-5:20	(K-2 nd)
W	4:10-5:10	(K-2 nd)
TH	4:20-5:20	(K-2 nd)
F	4:10-5:10	(K-2 nd)
SAT	10:40-11:40	(K-2 nd)

Developmental Gymnastics (1st-6th grade)

<u>1st grade</u>		
Day	Time	Grade
M	4:10-5:10	(K-2 nd)
M	5:20-6:20	(K-2 nd)
T	4:20-5:20	(K-2 nd)
W	4:10-5:10	(K-2 nd)
TH	4:20-5:20	(K-2 nd)
F	4:10-5:10	(K-2 nd)
SAT	10:40-11:40	(K-2 nd)

Developmental Gymnastics (cont'd)

<u>2nd grade</u>		
Day	Time	Grade
M	4:10-5:10	(K-2 nd)
M	5:20-6:20	(K-2 nd)
T	4:20-5:20	(K-2 nd)
W	4:10-5:10	(K-2 nd)
W	5:20-6:35	(3 rd -6 th)
TH	4:20-5:20	(K-2 nd)
F	4:10-5:10	(K-2 nd)
SAT	10:40-11:40	(K-2 nd)

3rd-6th grade

Day	Time	Grade
W	5:20-6:35	(3 rd -6 th)

Accelerated Gymnastics (1st-3rd grade)

Day	Time
T	4:20-5:35
TH	4:20-5:35

Advanced Gymnastics (1st-8th grade)

Day	Time
M	5:20-6:50
W	5:20-6:50
TH	5:30-7:00

TUITION	Mon or Sat 17 weeks	Tues, Wed, Th or Fri 18 weeks
1 hour	560	595
1 hour 15 min	-----	700
1 hour 30 min	700	740



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Girls & Boys Programs (Kindergarten-8th grade)

Kindergym (kindergarten) Come cartwheel with us! Our kindergarten gymnastics program is packed with skills broken down to their smallest parts so every child feels successful. Building self-confidence is most important while they continue to gain strength, flexibility, coordination and balance. Class time will be spent on warm-up, balance beam, floor exercise, vaulting, bars, tumbletrak and more. Children are grouped by age and ability. Student/Teacher ratio is 7 to 1. One hour.

Developmental Gymnastics (1st-6th grade) There is no better place to learn gymnastics! Our extraordinary USA Gymnastics certified instructors use a safe and encouraging method in teaching gymnastics in the most positive environment you will find. Class progressions follow the guidelines set by USA Gymnastics. Classes include time for warm up, work on all of the gymnastics apparatus and conditioning; all of which help build a healthy body. Children are grouped by age and skill level. Student/Teacher ratio is 7 to 1. One hour. *Wed 5:20 class is one hour fifteen minutes.*

Accelerated Gymnastics (1st – 3rd grade) For students who have mastered our Developmental Gymnastics program and are ready to move on to new challenges. A certain level of expertise is required, and therefore is by teacher recommendation only. One hour and fifteen minutes. Student/Teacher ratio is 7 to 1. One hour fifteen minutes.

Advanced Gymnastics (1st-8th grade) For students who have completed the Accelerated Gymnastics program and are ready to move on to more difficult skills. Examples of skills student's will work on are back handsprings on floor, cartwheels on balance beam, back hip circles on bars, front handsprings on vault, and so much more! This class is by teacher recommendation. One hour and thirty minutes.

Sibling Class*

Bring both kids at the same time! We have class options for siblings where noted (*) for your Tumbling Tots aged child (3-5 yrs). Check the coordinating Preschool schedule for more information.