



Celebrating 28 years of fun, friends and fitness to NY kids!

**WINTER/SPRING SESSION**  
**February 1<sup>st</sup>-June 5<sup>th</sup>, 2010**  
**Mommy & Me Classes (9 months-3 years)**

**12-17 months**

Day	Time	Age (months)	Floor	
T	9:15-10:30	(15-24)	2	Gym/Music
W	9:15-9:55	(12-17)	2	Gym
TH	9:15-10:30	(15-24)	2	Gym/Music
TH	12:50-2:05	(12-17)	2	Gym/Music
F	9:15-10:30	(15-24)	2	Gym/Music

**18-24 months**

Day	Time	Age (months)	Floor	
M	10:05-11:20	(18-30)	2	Gym/Music
T	9:15-10:30	(15-24)	2	Gym/Music
W	9:25-10:05	(18-35)	4	Gym
W	10:20-11:00	(18-24)	4	Gym
W	10:50-12:05	(18-35)	2	Gym/Music
TH	9:15-10:30	(15-24)	2	Gym/Music
TH	10:40-11:20	(18-30)	2	Gym
TH	11:05-12:20	(18-35)	4	Gym/Music
F	9:15-10:30	(15-24)	2	Gym/Music
F	11:00-11:40	(18-35)	4	Gym
<i>*Sibling class offered 10:50-11:50 (3-5 yrs)</i>				
SAT	9:25-10:05	(18-35)	2	Gym

**25-30 months**

Day	Time	Age (months)	Floor	
M	9:45-11:00	(25-35)	4	Gym/Music
M	10:05-11:20	(18-30)	4	Gym/Music
T	9:35-10:50	(25-35)	4	Gym/Music
W	9:25-10:05	(18-35)	4	Gym
W	10:00-10:40	(25-35)	2	Gym
TH	11:05-12:20	(18-35)	4	Gym/Music
TH	10:15-10:55	(25-35)	4	Gym
TH	10:40-11:20	(18-30)	2	Gym
TH	11:05-12:20	(18-35)	4	Gym/Music
TH	3:00-3:40	(18-35)	4	Gym
F	9:25-10:40	(25-35)	4	Gym/Music
F	11:00-11:40	(18-35)	4	Gym
<i>*Sibling class offered 10:50-11:50 (3-5 yrs)</i>				
SAT	9:25-10:05	(18-35)	2	Gym

**31-35 months**

Day	Time	Age (months)	Floor	
M	9:45-11:00	(25-35)	4	Gym/Music
T	9:35-10:50	(25-35)	4	Gym/Music
W	9:25-10:05	(18-35)	4	Gym
W	10:00-10:40	(25-35)	2	Gym
TH	11:05-12:20	(18-35)	4	Gym/Music
TH	10:15-10:55	(18-35)	4	Gym
TH	11:05-12:20	(18-35)	4	Gym/Music
F	9:25-10:40	(25-35)	4	Gym/Music
F	11:00-11:40	(18-35)	4	Gym
<i>*Sibling class offered 10:50-11:50 (3-5 yrs)</i>				
SAT	9:25-10:05	(18-35)	2	Gym

TUITION	18 weeks
Gym	\$750
Gym & Music	\$945

**Mommy & Me Gym (12 months-35 months)**

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.

**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.



Celebrating 28 years of fun, friends and fitness to NY kids!

**WINTER/SPRING SESSION**  
**February 1<sup>st</sup>-June 5<sup>th</sup>, 2010**  
**Preschool Gymnastics (3-5 years)**

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

Day	Time	Ag	
M	11:10-12:40	(3-4) (4-5)	4 Gym/Art
M	12:15-1:15	(3-4) (4-5)	2
M	3:15-4:15	(3-4) (4-5)	4
	<i>*Sibling class offered M 3:30-4:30 (K-2<sup>nd</sup> grade)</i>		
M	4:25-5:25	(3-4) (4-5)	4
	<i>*Sibling class offered M 4:35-5:35 (K-3<sup>rd</sup> grade)</i>		
T	10:40-11:40	(3-4) (4-5)	2
T	1:35-2:35	(3-4) (4-5)	2
T	2:45-3:45	(3-4) (4-5)	4
T	3:30-4:30	(4-5)	2
W	1:15-2:15	(3-4) (4-5)	2
W	2:30-3:30	(3-4) (4-5)	4
W	3:30-4:30	(3-4) (4-5)	2
	<i>*Sibling class offered W 3:40-4:40 (K-2<sup>nd</sup> grade)</i>		
TH	1:15-2:15	(3-4) (4-5)	4
TH	2:25-3:25	(3-4) (4-5)	2
TH	3:40-4:40	(3-4) (4-5)	2
	<i>*Sibling class offered TH 3:50-4:50 (K-2<sup>nd</sup> grade)</i>		
F	10:50-11:50	(3-4) (4-5)	2
	<i>*Sibling class offered F 11:00-11:40 (18-35 mos)</i>		
F	1:00-2:00	(3-4) (4-5)	2
F	1:30-2:30	(3-4) (4-5)	4
SAT	10:20-11:20	(3-4) (4-5)	2

TUITION	
Gym	\$750 (18 weeks)
Gym/ Art	\$840 (16 weeks)

**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\***

Bring both kids at the same time! We have class options for siblings where noted (\*\*) for your Mommy & Me (18-35 mos) and school aged child (K-3<sup>rd</sup> grade). Check the coordinating Mommy & Me and Developmental Gymnastics schedule for more information.

**Gym/Art**

One hour of our Tumbling Tots gymnastics class followed by a weekly fun and fantastic art project. Offered Monday 11:10-12:40.



Celebrating 28 years of fun, friends and fitness to NY kids!

## WINTER/SPRING SESSION

February 1<sup>st</sup>-June 5<sup>th</sup>, 2010

### Girls & Boys Programs (Kindergarten-5<sup>th</sup> grade)

#### Boys Gymnastics (K-2<sup>nd</sup> grade)

Day	Time	Grade	Floor
TH	5:00-5:45	(K-2 <sup>nd</sup> )	2
SAT	11:30-12:30	(K-1 <sup>st</sup> ) COED	2

#### Girls Kindergym (kindergarten)

Day	Time	Grade	Floor
M	3:30-4:30	(K-2 <sup>nd</sup> )	2
	<i>*Sibling class offered 3:15-4:15 (3-5 yr olds)</i>		
M	4:35-5:35	(K-2 <sup>nd</sup> )	2
	<i>*Sibling class offered 4:25-5:25 (3-5 yr olds)</i>		
T	3:30-4:30	(K-1 <sup>st</sup> )	2
T	4:00-5:00	(K-2 <sup>nd</sup> )	4
W	3:40-4:40	(K-2 <sup>nd</sup> )	4
	<i>*Sibling class offered 3:30-4:30 (3-5 yr olds)</i>		
TH	3:50-4:50	(K-2 <sup>nd</sup> )	4
	<i>*Sibling class offered 3:40-4:40 (3-5 yr olds)</i>		
SAT	11:30-12:30	(K-1 <sup>st</sup> ) COED	2

#### Girls Developmental Gymnastics (1<sup>st</sup>-2<sup>nd</sup> grade)

##### 1<sup>st</sup>-grade

Day	Time	Grade	Floor
M	3:30-4:30	(K-2 <sup>nd</sup> )	2
	<i>*Sibling class offered 3:15-4:15 (3-5 yr olds)</i>		
M	4:35-5:35	(K-2 <sup>nd</sup> )	2
	<i>*Sibling class offered 4:20-5:20 (3-5 yr olds)</i>		
T	3:30-4:30	(K-1 <sup>st</sup> )	2
T	4:00-5:00	(K-2 <sup>nd</sup> )	4
T	4:35-5:35	(1 <sup>st</sup> -3 <sup>rd</sup> )	2
W	3:40-4:40	(K-2 <sup>nd</sup> )	4
	<i>*Sibling class offered 3:30-4:30 (3-5 yr olds)</i>		
TH	3:50-4:50	(K-2 <sup>nd</sup> )	4
	<i>*Sibling class offered 3:40-4:40 (3-5 yr olds)</i>		
SAT	11:30-12:30	(K-1 <sup>st</sup> ) COED	2

##### 2<sup>nd</sup> grade

Day	Time	Grade	Floor
M	3:30-4:30	(K-2 <sup>nd</sup> )	2
	<i>*Sibling class offered 3:15-4:15 (3-5 yr olds)</i>		
M	4:35-5:35	(K-2 <sup>nd</sup> )	2
	<i>*Sibling class offered 4:25-5:25 (3-5 yr olds)</i>		
T	4:00-5:00	(K-2 <sup>nd</sup> )	4
T	4:35-5:35	(1 <sup>st</sup> -3 <sup>rd</sup> )	2
W	3:40-4:40	(K-2 <sup>nd</sup> )	4
	<i>*Sibling class offered 3:30-4:30 (3-5 yr olds)</i>		
TH	3:50-4:50	(K-2 <sup>nd</sup> )	4
	<i>*Sibling class offered 3:40-4:40 (3-5 yr olds)</i>		
SAT	11:30-12:30	(2 <sup>nd</sup> -3 <sup>rd</sup> )	2

#### Girls Developmental Gymnastics (3<sup>rd</sup> grade)

Day	Time	Grade	Floor
T	4:35-5:35	(1 <sup>st</sup> -3 <sup>rd</sup> )	2

#### Girls Accelerated Gymnastics (1<sup>st</sup>-3<sup>rd</sup> grade)

Day	Time	Grade	Floor
M	4:35-5:50	(1 <sup>st</sup> -3 <sup>rd</sup> )	2
T	4:00-5:15	(1 <sup>st</sup> -3 <sup>rd</sup> )	4

#### Girls Advanced Gymnastics (1<sup>st</sup>-5<sup>th</sup> grade)

Day	Time	Grade	Floor
T	4:35-6:05	(1 <sup>st</sup> -5 <sup>th</sup> )	2
W	4:35-6:05	(1 <sup>st</sup> -5 <sup>th</sup> )	2

#### **NEW!** Tumbling (K-3<sup>rd</sup> grade)

Day	Time	Grade	Floor
TH	5:00-5:45	(K-3 <sup>rd</sup> )	2

TUITION		18 weeks
Kindergym & Developmental		\$750
Accelerated		\$880
Advanced		\$990
Tumbling /Boys (TH 5:00)		\$560



Celebrating 28 years of fun, friends and fitness to NY kids!

## WINTER/SPRING SESSION

February 1<sup>st</sup>-June 5<sup>th</sup>, 2010

### **Girls & Boys Programs (Kindergarten-5<sup>th</sup> 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 (1<sup>st</sup>-3<sup>rd</sup> 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.

**Accelerated Gymnastics (1<sup>st</sup> – 3<sup>rd</sup> 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. 1 hour and fifteen minutes. Student/Teacher ratio is 7 to 1. One hour fifteen minutes.

**Advanced Gymnastics (1<sup>st</sup>-5<sup>th</sup> grade)** For students who have completed the Accelerated Gymnastics program and are ready to move on to more difficult skills. Examples of skills students 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 thirty minutes.

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

**NEW! Tumbling (K-3<sup>rd</sup> grade)** A 45 minute class for kids who can't get enough tumbling!. Class time will be spent practicing cartwheels, handstands, rolls, back bends, round offs and much more!