

ASK US ABOUT CREATING YOUR OWN GROUP!

ALL AMERICAN GYMNASTICS CLASSES:

| | MON. | TUES. | WED. | THURS. | FRI. | SAT. |
|----------|------------------------|--------------------------|------------------------|------------------------|------------------------|------------------------|
| 10:00 AM | | Preschool 10:00-11:00 | | | | 9AM Pre 4 & 5 Yrs. |
| 11:00 AM | | Preschool 11:00-12:00 | | | | 10AM Pre 4 & 5 Yrs. |
| | | | | | | 11AM Pre 4 & 5 Yrs. |
| 4:15 PM | Gym 4:15-5:45 | Gym* 4:15-5:45 | Gym 4:15-5:45 | Gym 4:15-5:45 | Gym* 4:15-5:45 | 9-10:30* Gym 5+up |
| 4:30 PM | Preschool 4:30-5:30 | Preschool 4:30-5:30 | Preschool 4:30-5:30 | Preschool 4:30-5:30 | Preschool 4:30-5:30 | 10:30-12 Gym 5+up |
| 5:30 PM | | | Preschool 5:30-6:30 | Preschool 5:30-6:30 | | |
| 6:00 PM | Gym/Adv 6-7:30 or 8 | Gym/Adv 6-7:30 or 8 | Gym/Adv 6-7:30 or 8 | Gym/Adv 6-7:30 or 8 | Gym/Adv 6-7:30 or 8 | |
| 7:00 PM | | | | Gym 9+up 7:00-8:30 | | |

Mommy and Me: A 50 minute program for children 15 months to 30 months: provides a unique learning experience for both parent and child. Children begin to develop their basic locomotive skills, strength, flexibility, motor coordination, spacial and body awareness. An important program for all parents concerned with the physical development of their toddler.

PreTot: A 50 minute program for 2 1/2 to 3 year olds. This class is designed to begin the separation process in a fun and structured environment - the transition between Mommy and Me and Preschool.

3 & 4 Year Olds: A one-hour program designed to increase ability and confidence and to advance skills both physically and socially.

PRESCHOOL: An hour long program for ages 4 and 5. The program is designed to increase your child's confidence in and through movement. Each child has the opportunity to develop his strength, flexibility, neuromuscular coordination through the use of elementary activities, spacial exploration and gymnastic skills: all in the warm and supportive atmosphere of our gym.

GYMNASTICS: This 1 1/2 hour program is offered to children 5 years and up. It is based upon the philosophy that the progress of each individual is of the utmost importance. Children learn basic through advanced skills.

NINJA WARRIOR: Unleash your inner ninja! No mud, no water, just you vs. the obstacles! Have a fun adventure and get an amazing workout at the same time. Make your way through our ninja warrior obstacle course to test your balance, strength, agility, stamina and flexibility on your quest to become the ultimate ninja warrior! This is an hour long class for ages 5 and up.

TUMBLING: An hour long program that focuses on basic to advanced tumbling skills needed for cheerleading and dance. Learn aerials, walk-overs, handsprings, tucks & more with qualified instructors in a safe environment.

*Open To Boys

- 5-7 Children per instructor.
- Classes may be cancelled due to inclement weather. Please call the gym for info. Parents will be responsible for scheduling make ups.

3. MAKE-UP CLASSES

- must be scheduled within the current term and may not be carried over to another term.
- no refunds or adjustments will be made for missed classes.
- may be scheduled in advance of missing regular class.

*4. No pro-rated classes.

*5. There will be no refunds

TOTNASTICS TOO! CLASSES:

| | MON. | TUES. | WED. | THURS. | FRI. | SAT. |
|----------|------------|------------|------------|------------|---------|---------------------|
| 10:00 AM | | 3 & 4 Yrs. | M & M | Pre Tot | | 9 AM M & M |
| 11:00 AM | | M & M | 3 & 4 Yrs. | | | 10 AM Pre Tot |
| 4:30 PM | 3 & 4 Yrs. | Pre Tot | 3 & 4 Yrs. | 3 & 4 Yrs. | Pre Tot | 11 AM 3 & 4 Yrs. |
| 5:30 PM | | 3 & 4 Yrs. | | | | |

NINJA WARRIOR CLASSES:

| | MON. | TUES. | WED. | THURS. | FRI. | SAT. |
|---------|------------|------------|------------|------------|------------|------|
| 4:15 PM | 4 - 6 Yrs. | 4 - 6 Yrs. | 4 - 6 Yrs. | 4 - 6 Yrs. | 4 - 6 Yrs. | |
| 5:45 PM | 7 - 9 Yrs. | 7 - 9 Yrs. | 7 - 9 Yrs. | 7 - 9 Yrs. | 7 - 9 Yrs. | |
| 7:00 PM | 10 & Up | 10 & Up | 10 & Up | 10 & Up | 10 & Up | |

SESSION DATES:

FALL '23

| | |
|-----|-------------|
| MON | 9/11 - 1/22 |
| TUE | 9/12 - 1/16 |
| WED | 9/13 - 1/10 |
| THU | 9/14 - 1/18 |
| FRI | 9/08 - 1/19 |
| SAT | 9/09 - 1/20 |

SPRING '24

| | |
|-----|-------------|
| MON | 1/29 - 6/10 |
| TUE | 1/23 - 5/28 |
| WED | 1/17 - 5/29 |
| THU | 1/25 - 5/30 |
| FRI | 1/26 - 6/07 |
| SAT | 1/27 - 6/08 |



DATES CLOSED:

ROSH HASHANAH: SEPT. 15th - 16th
 HALLOWEEN: OCT 31st
 HOLIDAY RECESS: DEC. 25th - JAN. 1st
 EID: Apr. 10th
 MEMORIAL DAY: MAY 24th - 27th

YOM KIPPER: SEPT. 25th
 THANKSGIVING: NOV. 23rd - 25th
 WINTER RECESS: FEB. 19th - 24th
 SPRING RECESS: APR. 22nd - 27th
 JUNETEENTH DAY: JUNE 19th

TUITION: Installment Plans Available:

| | |
|------------------|----------|
| M&M & PreTot | \$675.00 |
| 3&4 | \$700.00 |
| Preschool/Tumble | \$700.00 |
| 2 Hour Adv Class | \$795.00 |
| 90 min. Gym | \$765.00 |
| Ninja Warrior | \$775.00 |

DISCOUNTS
 2nd CHILD 10%
 3rd CHILD 15%
 4th CHILD 25%

TUITION WILL NOT BE ADJUSTED FOR MISSED CLASSES. We reserve the right to cancel classes due to insufficient enrollment. **There is a \$60.00 annual insurance fee for all students.** If you have a group of 5 or more and desire a time not listed, contact us and we will try to accommodate you. For more information and registration call: 516-536-9322.

ASK ABOUT OUR BIRTHDAY PARTIES