



# 2012 Summer Schedule

(631) 205 – KIDS • (631) 205 - 5437

1145 • Station Rd. • Medford • NY • 11763

www.Gym-Nest.com

<b>Fun-tastics</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Saturday</b>
1 Hr. Class	5:15 – 6:15	5:15 & 6:45	10:00 – 11:00	9:00 <sub>(B&amp;G)</sub> & 10:00
1- <sup>1/2</sup> Hr. Class	5:15 – 6:45	5:15 <sub>(B&amp;G)</sub> & 6:45	10:00 – 11:30	10:00–11:30 <sub>(B&amp;G)</sub>
2 Hr/HS Group	5:15 – 7:15		5:15 - 7:15	

**Fun-tastics: Our “Top-Notch” gymnastics program & curriculum**

<b>Gym-Nats</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Saturday</b>
Parent & Me	9:00 – 9:45 am			9:00 – 9:45 am
50 Min. Class	9:30 & 10:30 am	5:15 & 6:15	9:00 – 9:50 am	9:00 – 9:50 am

**Pre-School at the Gym-Nest: Innovative gymnastics for ages 18 mo. to 5 yrs.**

<b>Cheer – Tumbling</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
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\* Open classes can be attended by anyone unless specified by school.\*

Cheer-Tumbling includes: Tumbling, Drills, Conditioning, Proper Technique Training, and Endurance training; Utilizes Floor, Tramp, Tumble Trak, Air Track, specialty mats and more!

<b>Open</b>	7:15 - 8:30	5:15 – 6:30	Call for time	Call for time	5:15-6:30
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<b>Squads</b>	Make your own Class				
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Intensive Cheerleading, Tumbling and Stunting Camps... all summer long.

<b>Total Cheer</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Saturday</b>
Classes	6:15 – 7:15			TBD

\* Total Cheer curriculum includes: Tumbling, Stunting, Cheering, Chanting, Motions, etc...\*

Summer Sessions Begin July 2<sup>nd</sup>

## Summer Camp also available!

Monday thru Thursday 9:30am-12:30pm

\*Be a part of the best summer camp on the Island.\*

Includes Gymnastics, Cheerleading, Dance, Snacks, Arts & Crafts,

Obstacle course, Games and Fun!

Sign-up now! Space is limited!

**Call for specific fees and schedule.**

updated 6/18/12