



# 2016-2017 Schedule

(631) 205-KIDS • (631) 205-5437

1145 Station Road, Medford, NY 11763

[www.Gym-Nest.com](http://www.Gym-Nest.com)

## Preschool Aged Classes: *Boys & Girls* 10/4/16

<b>Gym-Nats</b>	Class	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.	
	<b>18 mo.-3 yrs. Parent Participation (45 Min.)</b>		9:30		10:30	10:30	9:00		
	<b>3 - 5 yrs. Pre-School (50 Min.)</b>					9:30	9:30	9:00	
				10:30	10:30				
				1:00	1:00	1:00			
			4:15	4:15	4:15	4:15	4:15		
					5:15	5:15			
			6:15						

## Fun-tastics: *Gymnastics Classes*

<b>Girls</b>	Class	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
	<b>1 Hour Class</b>	4:15	4:15	4:15	4:15	4:15	9:00	9:00
		5:15	5:15	5:15		5:15	10:00	
		6:45		6:15	6:45		11:00	
	<b>1.5 Hour 7 &amp; up yrs.</b>		4:15	4:15	4:15	4:15	9:30	9:00
		5:15	5:15	5:15	5:15	5:15	10:00	10:00
		6:45	6:45	6:45		5:45	11:00	
<b>2 Hour *</b>			6:45			10:00		

<b>Boys</b>	Class	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
	<b>1 Hour Class</b>	4:15		4:15			9:00	
	<b>1- 1/2 Hour Class</b>	5:15		5:15			10:00	

<b>Ninja Warriors Co-Ed</b>	Class	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
	<b>5-7 Yr olds</b>		6:45	6:45				
	<b>8-13 Yr olds</b>		7:45	7:45				

Athletes will increase their physical strength, agility, flexibility and confidence through the use of obstacles & challenges, like you see on TV.

(This is an 8 week program & a 55 minute class)

\*Coach Evaluation Required



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## Competitive Teams

10/4/16

<b>Competitive Teams</b>	Class	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	<p>The Gym-Nest offers several competitive programs for boys and girls of all ages. Athletes are chosen (by our highly trained coaches) directly from our recreational classes. We are members of the USAG &amp; USAIGC Programs. The competitive team is a year round commitment with athletes training between 2-6 days per week.</p>						

## Tumbling • Tumbling • Tumbling

<b>Tumbling</b>	Class	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	
	<b>PAG Tumbling</b> 1.25 hr		5:15 Open	5:15 Open		5:15 Open		11:30 Open
		6:45 Open			6:45 Open			
<b>"PAG"- Pay-as-you-Go classes. Athletes pay \$20 each time they attend!</b>								

Or sign up for a **10 Class Card** Or **Unlimited Tumbling** classes for one monthly fee.

## Open Gym

<b>Open Gym</b>	*Open Gym Dates are Posted on Our Calendar*						
	<p>Open Gym is on select Saturdays from 5-7 PM. For \$20 your child (Ages 7+) will get 2 hours of gym time. Instructors are stationed throughout the gym and the athletes can work on the events that an instructor is on. Athletes use this time to strengthen their skills and improve their technique &amp; form. Open Gym is also where our 1.5 hour class and 2 hour classes do their make ups.</p>						

## \*2016 - 2017 Prices\*

<b>Tuition</b>	Class	Classes per week	Month	Classes per week	Month	Sibling Discount
	Pre-School	1x	\$98	2x	\$186	\$5 Off
	1 Hour	1x	\$106	2x	\$201	\$5 Off
	1-1/2 Hour	1x	\$123	2x	\$233	\$5 Off
	2 Hr. All Stars	1x	\$155	2x	\$295	\$5 Off
	Ninja Warrior <small>*12 Week Cycles, Billed Monthly</small>	1x	\$106*	2x	\$201	\$5 Off
	Tumbling	\$20 PAG/ Drop In	\$150 for a Ten Class Card (3 Month Exp.)		\$118 Unlimited	NA

Prices subject to change without notice. Price reflects Credit Card on File. (+10% if no cc on file)

All Programs require a \$40 yearly membership fee and 30 day written notice to stop the monthly billing cycle.

Ask about our other programs:

Camps, Parents Night Out, Sleep-Over's, Clinics  
 & our Awesome Birthday Parties!!!