



# 2017 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. (5-6 yrs)	4:15 & 5:15	4:15 & 5:15	9:00 & 10:00	9:00 & 10:00
1- <sup>1</sup> / <sub>2</sub> Hr. (7yrs.+)	4:15 & 5:15	5:15 & 6:45	10:00	10:00 – 11:30
2 Hr/HS Group	5:15			
Boys Classes		4:15 1Hr (5-7 yrs.) 5:15 1.5Hr (7+yrs)		9 1Hr (5-7 yrs.) 10 1.5Hr (7+yrs)

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

<b>Gym-Nats</b>	<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thur.</b>	<b>Fri.</b>	<b>Sat.</b>
Parent & Me		9 AM	9 AM			9 AM
50 Min. Class (3-5 yrs)		9:30 & 10:30 4:15	5:15 & 6:15	9 AM & 4:15		9 AM

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

<b>Tumbling</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
* 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>	6:45 – 8	5:15 – 6:30		6:45-8	5:15-6:30
<b>Squads/Teams</b>	*Make your own Class*		*Call to set up a Day & Time*		

<b>Ninja Warrior</b>	<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thur.</b>	<b>Fri.</b>	<b>Sat.</b>
5-8 Yrs	4:15	6:30	6:45			10 AM
7-13 Yrs	5:15	7:30	7:45			11 AM

**Ninja Warrior Program is designed to increase the athlete’s strength, agility, flexibility and confidence through the use of obstacles and challenges like you see on TV.**

## **Summer Camp also available!**

*Gym-Nest is Fully Air Conditioned!!*

**\*Gymnastics And Ninja Camps Available\***

*Includes Gymnastics, Arts & Crafts, Several Other Sports & Activities, Snacks,  
Obstacle course, Games and Fun!*

**Summer Sessions Begin July 5<sup>th</sup> & Camp Sessions Begin July 10<sup>th</sup>**