



2018 Summer Schedule

(631) 205 – KIDS • (631) 205 - 5437
 1145 Station Rd. • Medford NY • 11763
 www.Gym-Nest.com

Fun-tastics	Tuesday	Wednesday	Thursday	Saturday
1 Hr. (5-6 yrs)	4:15 & 5:15	4:15 & 5:15	9:00 & 10:00	9:00 & 10:00
1- ¹ / ₂ 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

Gym-Nats	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
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.

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

Ninja Warrior	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
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 2nd & Camp Sessions Begin July 9th