



# 2011-2012 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* 8/4/11

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

## Fun-tastics: Gymnastics Classes

Girls	Class	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	
	1 Hour Class 5-7 yrs.	4:15	4:15	4:15	4:15	4:15	4:15	9:00
		5:15		5:15	5:15	5:15	5:15	10:00
		6:45	6:15		6:15			11:00
1.5 Hour 7 & up yrs.	5:15	4:15	4:15		4:15	10:00		
	6:45	5:15	5:15	5:15	5:15	11:00		
2 Hour All Stars*	6:45		6:45			10:00		

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

High School	Class	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	High School*	6:45- 8:45			6:45- 8:45		

\*This program is available to athletes who wish to compete for their school teams. The gymnasts will work on skills, progressions and bonus combinations needed for the New York State High School Varsity Program.

**\*Coach Evaluation Required**



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## Cheerleading Classes

8/4/11

<b>Total Cheer</b>	Class	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	<b>1 Hour Class</b>	TBD		6:00			
<p>Our Total Cheer classes are geared with the competitive and recreational cheerleader in mind. Our main objective is to teach a strong and fundamentally sound background. Having the number one staff on Long Island, complete with National Champions, All-Americans and an innovative curriculum, The Gym-Nest is a pioneer in the field of competitive and recreational cheerleading. Curriculum includes: <b>Tumbling, Stunting, Cheering, Chanting, Motions, etc.</b></p>							

## Tumbling • Tumbling • Tumbling

<b>Tumbling (1.25 hr)</b>	Class	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	
	<b>"PAG" Tumbling</b>		5:15 Open	5:15 Open	5:15 Open	4:15 Open	11:30 Open	
		6:45 Open				5:15 Open		
	<b>"PAG"- Pay-as-you-Go classes. Athletes pay \$15 each time they attend!</b>							
	<b>Or sign up for <i>unlimited tumbling</i> classes for one monthly fee.</b>							
<b>Custom Class</b>								
<b>Open Gym</b>	Select Saturday Nights; See OG Schedule for specifics							

## \*Fall 2011 Prices\*

<b>Tuition</b>	Class	Classes per week	Month	Classes per week	Month	Sibling Discount
		Pre-School	1x	\$85	2x	\$145
	1 Hour & Total Cheer	1x	\$90	2x	\$162	\$5 Off
	1-1/2 Hour	1x	\$104	2x	\$188	\$5 Off
	2 Hr. All Stars	1x	\$125	2x	\$225	\$5 Off
	High School			2x	\$225	\$5 Off
	Tumbling**	1x	\$95	Unlimited	NA	NA

Prices subject to change without notice. Price reflects Credit Card on File and June payment at time of Reg.

Ask about our other programs:

Boys & Girls Gymnastics Teams, Cheerleading Teams, Clinics,  
Camps, Parents Night Out, Sleep-Over's & our Awesome Birthday Parties.

<b>Custom Class</b>	<b>Bring your own squad, group or team and we'll give you your own private coach(s), time and day. Guaranteed Ratio!</b>
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