



2009-2010 Schedule

(631) 205-KIDS • (631) 205-5437

1145 Station Road, Medford, NY 11763

www.Gym-Nest.com

Preschool aged classes: *Boys & Girls*

Gym-Nats	Class	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	18 mo.- 3 yrs. Parent Participation		10:30-11:15	5:30-6:15	10:30-11:15	10:30-11:15	9:00-9:50
	3 yrs.		10:30-11:20	10:30-11:20	9:30-10:20	9:30-10:20	9:00-9:50
			5:45-6:35	1:00-1:50 5:45-6:35 pm	1:00-1:50 4:15-5:05 pm		
4 - 5 yrs.		10:30-11:20	10:30-11:20	9:30-10:20	9:30-10:20	9:00-9:50	
		5:45-6:35	1:00-1:50 5:45-6:35 pm	1:00-1:50 4:15-5:05 pm			

Fun-tastics: *Gymnastics Classes*

Girls	Class	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	1 Hour Class	4:15-5:15	4:15-5:15	4:15-5:15	4:15-5:15	5:15-6:15	9:00-10:00
		5:15-6:15			5:15-6:15		10:00-11:00
		6:45-7:45	5:45-6:45	5:15-6:15	6:15-7:15		11:00-12:00
1- 1/2 Hour Class	5:15-6:45	4:15-5:45	4:15-5:45	4:15-5:45	5:15-6:45	10:00-11:30	
	6:45-8:15	5:15-6:45	5:15-6:45	5:45-7:15		11:00-12:30	
2 Hour All Stars			4:15-6:15			10:00-12:00	

Boys	Class	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	1 Hour Class	4:15-5:15		4:15-5:15			10:00-11:00
	1- 1/2 Hour Class	5:15-6:45		5:15-6:45			10:00-11:30

Kid Fitness: *Boys & Girls*

Fitness	Class	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
			Ask for Times		Ask for Times		

Physical Fitness classes for ages 5 & up.

Kids should know that **exercise** and **fitness** can be **FUN!** Ideal for Athletes who want to cross train and "couch potatoes" who want to get into shape. Studies show that kids who exercise early on will carry these good habits into adulthood. Over 25% of our Nation's youth are overweight or obese and nearly 70% of girls & 40% of boys can't do just 1 good pull-up!



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Cheerleading Classes

Total Cheer	Class	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	1 Hour Class		4:45-5:45		5:15-6:15		
<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.</p> <p>Curriculum includes: Tumbling, Stunting, Cheering, Chanting, Motions, etc.</p>							

Tumbling • Tumbling • Tumbling

Tumbling	Class	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	Open "PAG" Tumbling	6:45-7:45 Beginner	5:15-6:15 Open	6:15-7:15 Open	5:15-6:15 Open	5:15-6:15 Open	11:30-12:30
		7:45-8:45 Varsity Level			Ask for Times Tramp & TT	6:15-7:15 Intermediate	
	<p>"PAG"- Pay-as-you-Go classes. Athletes pay \$15 each time they attend! Or sign up for <i>unlimited tumbling</i> classes for one monthly fee.</p>						
Custom Class	<p>Bring your own squad, group or team and we'll give you your own private coach(s), time and day. Guaranteed Ratio!</p>						
Open Gym	<p>Select Saturday Nights; See OG Schedule for specifics</p>						

Fall 2009 Prices *Ask about our Gold member Benefits & Discounts*

Tuition	Class	Classes per week	Month	Classes per week	Month	Sibling Discount
	Pre-School	1x	\$72	2x	\$130	\$5 Off
	1 Hour & Total Cheer	1x	\$80	2x	\$144	\$5 Off
	1-1/2 Hour	1x	\$96	2x	\$173	\$5 Off
	2 Hr. All Stars	1x	\$110	2x	\$198	\$5 Off
	Kid Fitness	1x	\$75	2x	\$135	\$5 Off
	Tumbling	1x	\$85	Unlimited	NA	NA

Prices subject to change without notice. Price reflects Credit Card on File.

Ask about our other programs:

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