

2022-2023

(631) 205-KIDS ▪ (631) 205-5437

1145 Station Road, Medford, NY 11763

www.Gym-Nest.com



Gymnastics

8/2/22

Parent & Me	Class	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	Walking-3 yrs Parent Participation (45 Min.)			9:30		10:30	10:30

Pre-School	Class	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	
	3-5 yrs Pre-School (50 Min.)					9:30	9:30	9:00
				10:30	10:30			
				1:00	1:00			
		4:15	4:15	4:15	4:15			
					5:15	5:15		
					6:15			

Girls Instructional	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
		6:15			6:15			11:00
	1.5 Hour 7 yrs & up		4:15	4:15	4:15	4:15	4:15	9:30
		5:15	5:15	5:15	5:15	5:15	5:15 & 5:45	10:00
		6:45	6:45				7:15	11:00
	2 Hour *			6:45	6:45	5:45	10:00	

Boys Instructional	Class	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	1 Hour 5-7 yrs	4:15		4:15			9:00
	1.5 Hour 7 yrs & up	4:15		4:15			9:00

Developmental Program		Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	Future Stars* (3 & 4 yrs) 1 day			4:15-5:45		5:15-6:45	9:30-11
	Super Stars* (4 & 5 yrs) 2 days		5:15-7:15		5:15-7:15		

**Coach Evaluation Required*

Ninja Warrior - Co-Ed Program

Ninja Warrior	Class	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	3-5 yrs (50 min)			11:30 Lil Ninjas	4:15		
	5-7 yrs	4:15	5:30	5:30	5:30		9:00
	8-13 yrs		6:30	6:30	6:30		10:00

Lyra - Aerial Circus Hoop

Lyra	Class	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	1st Year	5:45					
	Level 1 & 2	6:45					
	Level 2 & 3*	7:45	*Coach Evaluation Required				

Tumbling (Ages 7+)

Tumbling	Class	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	PAG	6:45	6:45	6:45	6:45	6:45	11:30
	Tumbling (1 hour & 15 min)	Open	Open	Open	Open	Open	Open
	"PAG"- Pay-as-you-Go classes. Athletes pay \$25 each time they attend!						

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

Open Gym

Open Gym	*Open Gym Dates are Posted on Our Calendar*						
	<p>Open Gym is on select Saturdays. For \$25 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 & form. Open Gym is also where our 1.5 hour class and 2 hour classes do their make ups.</p>						

Competitive Team

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

2022 - 2023 Prices

Tuition	Class	Classes Per Week	Month	Classes Per Week	Month	Sibling
	Parent Participation	1x	\$118	2x	\$221	\$10 Off
	Pre-School	1x	\$118	2x	\$221	\$10 Off
	1 Hour	1x	\$130	2x	\$244	\$10 Off
	1-1/2 Hour	1x	\$152	2x	\$285	\$10 Off
	2 Hour	1x	\$189	2x	\$350	\$10 Off
	Ninja Warrior	1x	\$145	2x	\$272	\$10 Off
	Lyra	1x	\$145	2x	\$272	\$10 Off
Tumbling	\$25 PAG/ Drop In	\$200 for a Ten Class Card. (3 Month Exp.)	\$175 Unlimited		NA	

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

All Programs require a \$45 yearly membership fee and 30 day written notice to stop the monthly billing cycle.

Ask about our other programs: Private Lessons, Private Groups, Camps, Parents Night Out,

Sleep-Over's, Clinics & our Awesome Birthday Parties!!!