

# 2021-2022

(631) 205-KIDS • (631) 205-5437

1145 Station Road, Medford, NY 11763

[www.Gym-Nest.com](http://www.Gym-Nest.com)



## Gymnastics

8/1/21

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

*\*Coach Evaluation Required*

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

Prep Program	2 day Required	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	Lil Stars (4-6 yrs)		5:15-6:15		5:15-6:15		
	Shooting Stars (7+ yrs)	6:45-8:15		6:45-8:15			

## Ninja Warrior - Co-Ed Program

<b>Ninja Warrior</b>	Class	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	3-5 yrs (50 min)			11:30 Lil Ninjas			
	5-7 yrs	5:15	4:15	6:45			9:00
	8-13 yrs	4:15	5:15	7:45			10:00

## Lyra - Aerial Circus Hoop

<b>Lyra</b>	Class	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	Level 1 & 2	6:45					
	Level 2 & 3*	7:45	*Coach Evaluation Required				

## Tumbling (Ages 7+)

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

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

## Open Gym

<b>Open Gym</b>	<b>*Open Gym Dates are Posted on Our Calendar*</b>						
	<p><b>Open Gym</b> is on select Saturdays from 1-3 PM. 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 &amp; form. Open Gym is also where our 1.5 hour class and 2 hour classes do their make ups.</p>						

## Competitive Team

<b>Competitive Teams*</b>	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	<p><i>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 &amp; USAIGC Programs. The competitive team is a year round commitment with athletes training between 2-6 days per week. *Coach Evaluation Required*</i></p>					

## \*2021 - 2022 Prices\*

<b>Tuition</b>	Class	Classes Per Week	Month	Classes Per Week	Month	Sibling
	Parent Participation	1x	\$115	2x	\$215	\$10 Off
	Pre-School	1x	\$115	2x	\$215	\$10 Off
	1 Hour	1x	\$127	2x	\$235	\$10 Off
	1-1/2 Hour	1x	\$148	2x	\$275	\$10 Off
	2 Hour & Developmental	1x	\$185	2x	\$342	\$10 Off
	Ninja Warrior	1x	\$142	2x	\$265	\$10 Off
	Lyra	1x	\$142	2x	\$265	\$10 Off
Tumbling	\$25 PAG/ Drop In	\$200 for a Ten Class Card. (3 Month Exp.)	\$165 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!!!