



2024 Summer Schedule

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

Fun-tastics	Tuesday	Wednesday	Thursday	Saturday
1 Hr. (5-6 yrs)	4:15 & 5:15	4:15 & 5:15		9:00 & 10:00
1-1/2 Hr. (7yrs.+)	4:15 & 5:45	4:15 & 5:45	4:15	10-11:30
2 Hr/HS Group	5:45-7:45		5:45-7:45	
Boys Classes		4:15-5:15 1Hr (5-7 yrs.) 4:15-5:45 1.5Hr (7+)		

Fun-tastics: Our "Top-Notch" gymnastics program & curriculum

Gym-Nats	Tues.	Wed.	Thur.	Sat.
Parent Participation (Walkers-3Yrs)	9 AM			9 AM
Pre-School (3-5 yrs)	9:30 & 10:30 4:15	9:30 & 10:30 5:15 & 6:15		9 AM

Pre-School at the Gym-Nest: Innovative gymnastics for Walker to 5 yrs. old

	Monday	Tuesday	Wednesday	Thursday	Friday
Lyra	6:30 L1/2 & 7:30 L2/3				

TUMBLING

Tumbling includes: Tumbling, Drills, Conditioning, Proper Technique Training, and Endurance training; Utilizes Floor, Tramp, Tumble Trak, Air Track, specialty mats and more!

Tumbling	6:15-7:30	6:15-7:30	6:15-7:30		
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Ninja Warrior	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
5-7 Yrs		5:30	5:30	5:30		
8-13 Yrs		6:30	6:30	6:30		

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.

Limited Classes! Don't miss out, Sign up soon!

Camps Available!! Sign up Now!!

(Gymnastics or Ninja)

Includes Gymnastics, Arts & Crafts, Several Other Sports & Activities, Snacks, Obstacle course, Games and Fun!

Camp & Summer Sessions Begin July 8th!