







Gold Medal Gymnastics & Ninja

2023-2024

  
Feel The Olympic 
 *Excitement This Fall!*



-  Serving Generations of Long Island Families since 1973
-  Fun, Physical Programs for kids ages 3 mos. to 18 years
-  Classes and Camps for every age and ability
-  Competitive Team Programs; Club, USAIGC & USAG
-  Home of the 2021 Level 10 USAG State Champion!
-  Visit one of our 6 Long Island Locations



50
YEARS OF
EXCELLENCE

GOLD MEDAL
GYMNASTICS NINJA



History & Philosophy

Since 1973, GMGC provides quality learning experiences to children of all ages with low student-to-teacher ratios and certified instructors. Our gymnastics classes and camps foster athleticism, skill building, and fun in our 6 state-of-the-art facilities - fully loaded with gymnastics and ninja equipment.

Book a tour to see for yourself!

Applause!

KIDS AND PARENTS LOVE GMGC!

Here are a few Rave Reviews! If you would like to leave one, scan the QR code below.

★★★★★

"HIGHLY RECOMMEND!!"

We have been bringing our daughter to Gold Medal gymnastics since last fall. She loves every second and enjoys each instructors expertise. With the recent renovations and upgrades, Gold Medal continues to impress! Highly recommend!!



★★★★★

"MY SON LOVES NINJA"

Gold Medal is the best, my son loves their little Ninja class, the instructors are patient and always happy to be there.

★★★★★

"EXCEPTIONAL"

This place is exceptional. We just had our 3-year-old's birthday party there and the entire experience was excellent. The staff is terrific and really knows how to keep the kids entertained.

★★★★★

"STAFF IS AMAZING!"

My daughter loves this gym! She would go every day of the week if she could. The staff is amazing! They make her feel so welcome and special!

★★★★★

"WARM, WELCOMING, CLEAN"

We are so glad we have found her a place that is warm, welcoming, clean, and most importantly fun, for her to explore and learn.

Preschool Programs

These classes provide a nurturing pre-school environment for your child.

Our state-of-the-art facilities include kid-sized equipment run by highly trained instructors.



Little Explorers

Ages 3-12 months

- Parent and baby play and bond in a safe and fun environment
- Climbing, stepping, bouncing on trampolines, playing instruments, bubbles and fun music
- 45 minutes of class time for babies to start exploring the gym

★★★★★

"SHE LOVES COMING HERE"

My daughter asks on a daily basis if it's a gymnastics day because she loves coming here so much!

★★★★★

"COACHES ARE ALL SO PATIENT"

The coaches are all so patient and care so much about the kids.



Busy Bees

Ages 12 months-3 years

- Parent and baby play and bond in a safe and fun environment
- An intro to the structure and discipline of pre school and gymnastics classes
- Safe environment for your child to jump on a trampoline, climb on rock walls, zoom down slides, and hang on bars
- Classes include a small portion of structured gymnastics and a large portion of fun, games, music, and open play
- Watch your child grow to love physical activities and see their attention span expand
- Bubble time, parachute fun, foam pit games, belt flying, and much more
- This class is a great opportunity for parents to bond with each other and their children.
- Sibling classes available
- 45 minutes of class time



Bronze Babies

Ages Walking-3 years

- Parents assist their own children through various skills on preschool gymnastics equipment
- Exercise at this age stimulates motor skills, reasoning, attention span and social development
- Children learn to interact with others, take turns, share, and follow directions
- Opportunity for sibling classes
- 45-minute class with 10-minute free play for parent-child practice



Silver Stars

Ages 3-5 years

- Introduces parental separation and fosters independence and self-esteem
- Musical warm-up and stretch to motivate and introduce gymnastics
- 3 Olympic events taught, including beam, bars, and trampoline
- Cartwheels, handstands, and rolls taught weekly in a fun game-like environment
- Benefits: increased strength, balance, flexibility, coordination, and self-confidence
- Age-appropriate groups based on maturity and skill level
- Sibling classes available
- 55 minute class



Intro To Rec

Ages 5 years

- Early introduction to larger gymnastics equipment
- For those who have mastered preschool fundamentals but are not yet ready for 90-minute recreational program
- Students are taught basic skills and safety on full-size bars, beams, and vault
- Introduced to the next level of skills on tumbling, trampoline, tumble track & rock wall
- Children currently enrolled in preschool classes can ask teachers if they're ready for this next step
- 60-minute class with children of the same age

Private Play Dates

Ages 9 months-5 years

- Have a private one-hour open play for your child and their guests
- Exclusive use of state-of-the-art equipment supervised by highly trained staff
- One play-date per week improves social skills
- 5 child minimum
- Contact any of our locations for details and scheduling



Girls Gymnastics

Ages 6-18 years

- Students are grouped by friends, age, and ability
- Class is based on 4 Olympic gymnastics events, balance beam, uneven bars, vaulting, and floor exercise
- State-of-the-art facilities with weekly skill building from forward rolls and cartwheels to front and back handsprings
- Trampoline, tumble track, rock wall also included
- Lesson plans keep kids active and having fun
- Nurturing environment with individual progress encouraged
- Improves flexibility, strength, self-esteem, and pride
- 90 minute class



Accelerated Classes

- 2-hour classes for accelerated skill mastery
- Girls learn tumbling for cheerleading and other sports
- Students choose number of practice days per week
- Workouts include conditioning and gymnastics
- Girls' groups introduce dance elements



Super Silvers

Ages 4-6 years

- Class for kids who have mastered basics in preschool classes
- Challenging and nurturing environment with emphasis on correct form and increased strength
- Prepares for Gold Medalist program and introduces USAG Junior Olympic levels 1 and 2
- Early exposure to larger gymnastics equipment
- Connecting skills in a row with perfect form and posture
- Evaluation required to enroll
- 90-minute class including trampoline

Recreational (Beginner & Intermediate)

The recreational program is ideal for teaching core skills applicable to any sport. Children learn all Olympic events at their own pace, develop strength, flexibility, coordination in a fun and encouraging environment that promotes friendship and builds confidence.

Tumbling Program

Let's Get Ready To Tumble!!! Major focus on tumbling skills for cheerleading, martial arts, dance, diving, and more. Classes include refining skills like back handsprings and flips, taught on spring floors, trampolines, and tumble tracks with safety equipment.



Beginner Flipping

Ages 6-18 years

- Focuses on drills and strength building for back handsprings, cartwheel and round offs on floor
- Ideal for cheerleaders and cheerleading teams
- Learn the most needed skills for high school cheerleading squads
- Practice and form a class with 3 or more students



Advanced Flipping

Ages 7-18 years

- This class focuses on drills for back and front flips, twisting side aerials, and layouts
- Back handspring students can add a back tuck to their tumbling
- Develop advanced tumbling skills
- Ideal for students with previous back handspring experience



Special Events

See what incredibly fun themed events we have on our Special Events Calendar which can be found on GMGC.com. Whether it's the Fairytale Fantasy Camp or the Halloween Spooktacular or the Gold Medal Olympics, your child won't want to miss any of the excitement!



Dancenastics

Ages 6-18 years

- Hour-long class for dance tumbling and acrobatic skills
- Learn walkovers, aerials, back handsprings, and more
- Emphasis on core strength and flexibility
- Ideal for dancers or those looking to improve acrobatic skills

Advanced Programs

Unlock your athletic potential with our exhilarating Advanced programs! Tailored to fit the individual's commitment level, choose from flexible scheduling options that let them learn at their own pace or fast-track progress with team programs. Contact our office now for an evaluation and discover the perfect program to unleash your child's gymnastics greatness!



Gold Medalists

Ages 5-7 years

- Class for kids interested in pursuing gymnastics as a sport
- Focus on developing core basics for success in Junior Olympic program
- Learn fundamentals of USAG Level 2 and latest training techniques
- Physically challenging, yet fun and in a game-like environment
- Kids learn advanced skills and gain a sense of pride in their accomplishments
- 2-hour class meets twice a week

Girls Mini Team & Pre Team

Ages 5-9 years

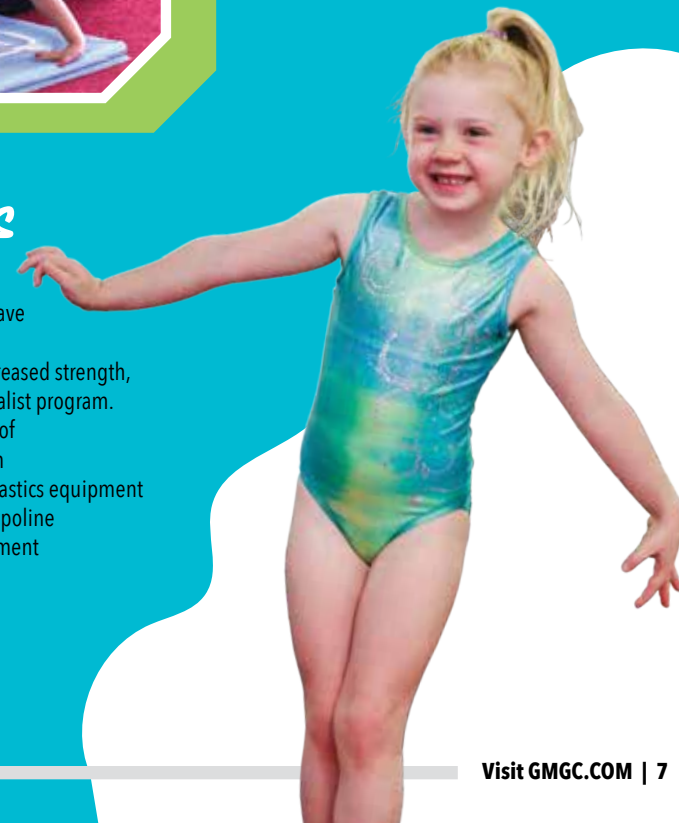
- Mini team is an introduction to competitive gymnastics training in a fun environment. Students learn basic skills and participate in a beginner level gymnastics competition each year
- Latest drills and techniques are taken from the USAG Level 3 program and students meeting certain criteria may be invited to join the USA Development Program or IGC Team
- Required uniform purchase
- Team directors are available for evaluation to determine skills needed for joining one of our award-winning teams



Super Silvers

Ages 4-6 years

- Advanced class for kids who have mastered preschool basics
- Emphasis on correct form, increased strength, and preparation for Gold Medalist program.
- Introduction to levels 1 and 2 of USAG Junior Olympic program
- Early exposure to larger gymnastics equipment
- 90-minute class includes trampoline
- Evaluation required for enrollment



CALLING ALL NINJAS

AWAKEN YOUR INNER NINJA!

HIGH ENERGY CLASSES
TRANSFORMING KIDS INTO
HIGH ENERGY NINJAS!!!



NINJA BABIES
WALKING-3YRS

Training starts once they can walk! Your child will experience dynamic obstacle courses that will help with their balance, agility, and confidence. They will also gain strength by using the bars and learning basic tumbling skills such as rolling. Your child will also learn socialization, how to take turns and follow basic instructions with our high energy coaches. Watch your child develop strong motor skills that will get them ready for their next level of Ninja training. Don't worry, your little one will also get a chance to crawl up our 7ft warp wall!
(60 minute class, with parents)

LITTLE NINJA
AGES 3-5YRS

Our Little Ninja program introduces our Gold Medal Ninja Curriculum, teaching your child the basics of flips, bar skills, parkour, martial arts, and strength for future ninja warrior training. They'll also learn focus and patience from our coaches, while gaining confidence through obstacle courses emphasizing balance, agility, and strength using the bars and ninja rig. Little Ninjas progress through a 3-level system (Bronze, Silver, Gold), requiring 9 skills in each group to advance.

(60 minute class)

WARRIOR TUMBLING CLASS
AGES 12YRS & UP

This program offers a ninja warrior inspired experience through challenging but fun obstacle course training. This program will instill basic strength, balance, hand-eye coordination along with technique and speed. There will be a variation of new obstacle courses that will be used in this class inspired by the popular events on TV.

*Not available at all locations, contact office for details.
(60 minute class)

NINJA PARTIES
AGES 3-11YRS

Gold Medal Ninja parties are awesome! We set up courses for time and speed, allowing all party attendees to test strength and compete with one another in a fun and safe space. Our Ninja parties are guaranteed to tire children out! A great option for birthday celebrations and other occasions.

To schedule your Ninja party, book online or contact our office today!

NINJA KIDS
AGES 6YRS & UP

In Gold Medal Ninja, your child will train to become a future ninja warrior, mastering flips, bar skills, parkour, martial arts, and strength. These components develop strength, body awareness, and confidence. They'll test their skills on our rock wall, ninja rig, and warp wall. With our band system, they'll progress at their own pace, learning more challenging skills, increasing speed, and building strength to conquer the 12-foot warp wall.

Ninja Kids follow a color level system:

Beginner: White, Yellow, and Orange

Intermediate: Purple, Blue, and Green

Advanced: Brown, Red, and Black

Monthly testing is conducted
(60 minute class)



NINJA SHIRT IS REQUIRED FOR EVERY CLASS

ULTIMATE NINJA CHALLENGE

SPECIAL EVENT
IN A COMPETITIVE FORMAT:
End of School Year and In The Summer

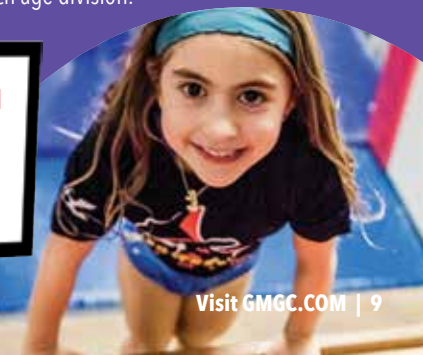


Enrolled Ninjas put their skills to the test in the Ultimate Ninja Challenge. Ninja's will race against the clock on a dynamic ninja warrior style course testing their agility, strength and speed. The ninjas compete against others and themselves in this unforgettable experience!

Prizes given to the top 3 winners in each age division.

The Gold Medal Ninja curriculum teaches athletes an all new sport, with concentrations in both athletic skill and character development.

For success in school, sport, and life, a child that learns to channel their impulse & energy towards a focused goal will succeed in all endeavors.



Summer Programs

Unleash the joy of Summer with the unforgettable adventures that GMGC Summer Programs offer! Watch your child flip out with excitement as they experience the perfect blend of Fun, Fitness, and Endless Energy!



Summer Classes

Monday-Friday

Beat the heat (and boredom) this summer and let your child continue their gymnastics journey with Gold Medal Gymnastics Center!

- Enjoy increased personal attention and smaller class sizes in our fully air-conditioned facilities
- Studies show that children learn faster in the summer months, and with no school or homework, it's the perfect time to focus on gymnastics
- Join us for summer classes and give your child the opportunity to improve their skills and have fun in a safe environment



Summer Camps

Monday-Friday

When Summer Arrives, it's time to Play Play Play!

- Boys and Girls Ages 3-12
- Camp programs run from July 10th to September 1st
- 9:30am to 12:30pm in our fully air-conditioned facilities
- Choose 3, 4, or 5 days a week
- Fun weekly camp themes such as Barbie & Ken, Underwater Adventures, and Heroes and Villains!
- Lunch Bunch available for an extra hour each day for \$20
- Pack a lunch except for Wednesdays!
- Pizza Wednesdays and Ice Cream Truck Fridays
- Children must be potty trained and should bring a snack



Annual Family Expo

At the end of each year, our youngest gymnasts get to show off their skills in a magical themed exhibition that will leave you thrilled and proud. It's called the Annual Family Expo!



From their wobbly first steps to their confident tumbles, our young gymnasts will showcase their hard work and new skills in a heartwarming performance. As proud parents snap photos and cheer on their little ones, each child will receive a special introduction announced on the microphone plus a special certificate to commemorate their accomplishments. Don't miss this unforgettable moment of pride and joy!

Past themes have been: **The Greatest Show on Earth, Willy Wonka & Enchantment Under The Sea.** Just announced for 2024 - **PARIS OLYMPICS!**



Awards are given to Expo Participants only:

- 1st Year = Gold Medal**
- 2nd Year = Trophy**
- 3rd Year = Large Trophy**

- Students must be enrolled in term 9 & 10 to participate
- See Gym Calendar for Dates (usually early June)



Birthday Parties

Book a GMGC Birthday Party and watch your child Jump For Joy!

For the BEST BIRTHDAY PARTY around, choose GMGC for Super-Fun, Active, Energetic Celebrations for everyone!

- LARGE INDOOR SPACE
- ONE PARTY AT A TIME
- DROP OFF ENCOURAGED
- FULLY SANITIZED BETWEEN PARTIES



BOOK NOW!

Party Package

Parties last 1.5 hours:
 1 hour in the Gym
 1/2 hour in party area for food & cake*
 BYO Food, Cake, Beverages

- \$570 for Ages 3-5 years
- \$520 for Ages 6 & up
- 15 kids included
- Birthday child FREE
- \$20 each additional child



Gymnastics Party

Our trained, professional staff, will lead the children through gymnastics activities & instruction including:

- Obstacle Courses
- Trampolines
- Inflatables
- Group Games
- And More!
- SPECIAL SURPRISE FOR THE BIRTHDAY CHILD!

Ninja Party

Our trained Ninja staff will teach basic Ninja skills utilizing our state-of-the-art equipment including:

- Obstacle Courses
- Rock Climbing
- Warp Wall
- Ninja Rig
- And More!
- SPECIAL SURPRISE FOR THE BIRTHDAY NINJA!

BOOKING: We recommend booking 4 months in advance to secure your spot. Parties are usually held on Sundays during the school year and Saturdays during the summer.

Team Programs

Only the best will do for an aspiring gymnast and GMGC offers unparalleled excellence with our team of distinguished coaches and professionals that will help nurture and sculpt your athletic success!



2021 Level 10 State Champion Anaya Rodriguez



Girls USA Development Program

Children who wish to pursue competitive gymnastics may train to qualify and join our USA Development Program. Team gymnasts train year round and are entered into competitions where they compete against other clubs. Children are taught the importance of goal setting and teamwork.

All gymnasts must compete on all four Olympic events. GMGC is currently one of the top competitive programs in the Northeastern United States. Many of our gymnasts have reached and won on the National Level and several have received full athletic scholarships to college.

Contact our office for further information.



Club Team

Ages 8-16yrs

Our exclusive "In House" team competes solely within the Gold Medal Family of gyms, fostering a non-pressured environment. This program readies gymnasts aged 8 and above for high school gymnastics, tailoring classes to hone in on their strengths and weaknesses. Experience a competitive team program without extra travel, practice, or expenses.

USAIGC Program

Advanced gymnasts who like the extra training of a team program but are not able to commit to the high demands of being in the Junior Olympic Program, may join our USAIGC college bound team program. Growing into a popular League to join, these gymnasts learn the importance of teamwork and dedication. Maximum training of 3 days per week which allows for other sports and activities.

WRITTEN WITHDRAWAL NOTICE

ALL OF OUR STUDENTS ARE SIGNED UP FOR THEIR CLASS THROUGHOUT THE ENTIRE SCHOOL YEAR UNLESS WRITTEN NOTICE IS GIVEN.

ALL STUDENTS REGISTERED FOR SUMMER SESSION 1 WILL AUTOMATICALLY BE ENROLLED FOR SUMMER SESSION 2 UNLESS WRITTEN NOTICE IS GIVEN.

Written notification of withdrawal to the office (not the instructor) is required BEFORE the AUTO CHARGE DATE prior to the start of a 4 week term. Auto charge date is clearly posted in red on our calendar. If this deadline is not met then I hereby authorize Gold Medal Gymnastics Center to use my credit card and agree to be responsible for payment. If for some reason the card cannot be charged, a \$25 fee is charged for declined cards.

TUITION POLICY

1. Tuition is due by the AUTO CHARGE DATE before every four week term.
2. A Credit Card Number MUST be on file to be used for overdue payments.
3. Credit Cards must have a line of credit. NO BANK/DEBIT CARDS.
4. No Credit Card is needed if you pay for a minimum of 4 full terms in advance.
5. Payments are for a minimum of 4 weeks. No partial payments accepted.
6. A \$50 student registration fee (\$70 family registration fee) is due once in our fiscal year. (Sept to June).
7. There will be a \$25 charge for any returned checks or declined credit cards.
8. NO REFUNDS given for any missed classes.
9. There is an approximate 3.5% processing fee for all credit card transactions.

NINJA POLICY

1. Uniform Required. Special Ninja T-shirts for each color level.
2. Advancement to the next level requires mission testing.

CLASS POLICY

1. NO JEWELRY ALLOWED. It may cause injury.
2. NO FOOD, DRINK or CHEWING GUM in the gym.
3. Parents are not permitted in the gym area.
4. We are not responsible for lost items.
5. We must always have a contact phone number.
6. No loose clothing, socks, buttons or zippers.
7. Girls wear leotards, LONG HAIR TIED UP.
8. Boys wear shorts and a t-shirt.

CREDIT CARD PROCESSING FEE

There will be an approximate 3.5% credit card processing fee applied to all tuition charges. Paying by cash or check prior to the auto-charge date will avoid this fee.

MAKEUP POLICY

1. Students must CURRENTLY BE ENROLLED to receive a makeup token. Your child's current class cannot count as a makeup.
2. WE MUST BE INFORMED OF AN ABSENCE 24 HOURS PRIOR TO CLASS TIME IN ORDER FOR YOU TO RECEIVE A MAKEUP TOKEN. This can be done by calling the gym or logging on to your parent portal and requesting a future absence.
3. MAKEUPS MUST BE SCHEDULED either by phone or through the Gold Medal App. Please do not arrive without scheduling!
4. Makeups are a courtesy not an obligation. We pay an instructor whether you show up or not. Please make an effort to attend every class.
5. MAKEUPS ARE SCHEDULED ONCE. No makeups for makeups.
6. Makeups are only available within 12 weeks of the missed class and your child must be actively enrolled in classes to use their makeup tokens.
7. We will do our best to accommodate your makeup request; however, makeups can only be done in classes where there are available spots so we highly recommend attending your regularly scheduled class as your spot in that class is always guaranteed unless you withdraw.
8. If you miss your class due to a gym closure (i.e. holiday, snow closure), we will assist as best as we can in scheduling your makeup to best fit your schedule.

★ REFER A FRIEND! ★



RECEIVE 25% OFF
ONE MONTH OF GYMNASTICS
OR NINJA CLASSES!

BOTH you & your friend will receive 25% OFF one month of Gymnastics or Ninja classes!* Simply scan this QR code and click on Refer A Friend to Save!



*Please note: To be eligible for 25% Off, Referrer must be enrolled and Referred must be enrolled for a minimum of 1 mo. before referral discount can be applied to existing customer. Credit will be applied to both accounts upon request.



FOLLOW US!



VISIT OUR PRO SHOP
at your Gold Medal Gymnastics
location for the coolest gymnastics
merchandise around!

LEOTARDS

TAPE

T-SHIRTS

SHORTS

DRAWSTRING BAGS

SWEATSHIRTS

DUFFLE BAGS

LEGGINGS

TANK TOPS

NINJA APPAREL





50 YEARS OF EXCELLENCE!

"HOME OF THE 2021 LEVEL 10 USAG STATE CHAMPION!"

HUNTINGTON / 631-427-8275

266 E. Pulaski Rd., Greenlawn, NY 11740

CENTEREACH / 631-981-GOLD (4653)

1752 Middle Country Rd., Centereach, NY 11720

ROCKY POINT / 631-821-2100

291 Route 25A, Rocky Point, 11778

SMITHTOWN / 631-366-GOLD (4653)

253 West Main St., Smithtown, NY 11787

GARDEN CITY / 516-357-3636

1100 Stewart Ave., Garden City, NY 11530

LEVITTOWN / 516-735-GOLD (4653)

210 Gardiners Ave., Levittown, NY 11756



"TRULY LOVED IT"

My son went for a week of summer camp and truly loved it! He wants to go back and have his birthday party there.

VISIT GMGC.COM

