

BEGINNER & INTERMEDIATE GROUP COLORS

pink 0 - 3yrs old **PRE GYM** **yellow** 4 - 18yrs old **ADVANCED**

blue 3 - 6yrs old **PRE GYM** **orange** 6 - 18yrs old **TUMBLING**

green 6 - 18yrs old **red** 3 - 11yrs old **NINJA**

Schedule of Classes

Centereach Gym
2023/24 Fall Schedule

*Evaluation Required

Note: Schedule is subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30am (walking-3yrs) Bronze Babies 45min	10:45am (walking-3yrs) Bronze Babies 45min	9:30am (3mos-12mos) Little Explorers 45min	11:45am (walking-3yrs) Bronze Babies 45min	9:30am (walking-3yrs) Bronze Babies 45min	8:45am (walking-3yrs) Bronze Babies 45min
10:30am (3-5yrs) Silver Stars 55min	5:30pm (walking-3yrs) Bronze Babies 45min	11:45am (walking-3yrs) Bronze Babies 45min	5:30pm (walking-3yrs) Bronze Babies 45min	3:15pm (walking-3yrs) Ninja Babies 45min	9:40am (walking-3yrs) Bronze Babies 45min
11:30am (3-5yrs) Silver Stars 55min	9:30am (3-5yrs) Silver Stars 55min	10:30am (3-5yrs) Silver Stars 55min	9:30am (3-5yrs) Silver Stars 55min	10:30am (3-5yrs) Silver Stars 55min	12:30pm (walking-3yrs) Ninja Babies 45min
3:30pm (3-5yrs) Silver Stars 55min	11:45am (3-5yrs) Silver Stars 55min	12:30pm (3-5yrs) Silver Stars 55min	10:30am (3-5yrs) Silver Stars 55min	3:30pm (3-5yrs) Silver Stars 55min	10:30am (3-5yrs) Silver Stars 55min
4:30pm (5yrs) Intro to Rec 60min	12:45pm (3-5yrs) Silver Stars 55min	3:30pm (3-5yrs) Silver Stars 55min	12:30pm (3-5yrs) Silver Stars 55min	4:30pm (3-5yrs) Silver Stars 55min	11:30am (3-5yrs) Silver Stars 55min
4:30pm (3-5yrs) Silver Stars 55min	3:30pm (3-5yrs) Silver Stars 55min	4:30pm (3-5yrs) Silver Stars 55min	3:30pm (3-5yrs) Silver Stars 55min	5:30pm (3-5yrs) Silver Stars 55min	12:30pm (5yrs) Intro to Rec 60min
5:30pm (3-5yrs) Silver Stars 55min	4:30pm (3-5yrs) Silver Stars 55min	5:30pm (3-5yrs) Silver Stars 55min	4:30pm (3-5yrs) Silver Stars 55min		
5:30pm (5yrs) Intro to Rec 60min	4:30pm (5yrs) Intro to Rec 60min	5:30pm (5yrs) Intro to Rec 60min	4:30pm (5yrs) Intro to Rec 60min		
5:00pm (4-6yrs) *Super Silvers 90min	5:30pm (5yrs) Intro to Rec 60min	3:00pm (4-6yrs) *Super Silvers 90min	5:30pm (5yrs) Intro to Rec 60min		8:30am (6-10yrs) Girls Gymnastics 90min
4:30pm (6-10yrs) Girls Gymnastics 90min	4:30pm (4-6yrs) *Super Silvers 90min	4:30pm (4-6yrs) *Super Silvers 90min	4:30pm (4-6yrs) *Super Silvers 90min	4:30pm (4-6yrs) *Super Silvers 90min	10:15am (6-10yrs) Girls Gymnastics 90min
6:15pm (6-10yrs) Girls Gymnastics 90min	4:30pm (6-10yrs) Girls Gymnastics 90min	4:30pm (6-10yrs) Girls Gymnastics 90min	4:30pm (6-10yrs) Girls Gymnastics 90min	4:30pm (6-10yrs) Girls Gymnastics 90min	10:15am (11yrs+) Girls Gymnastics 90min
5:00pm (6-8yrs) Beginner Flipping Class 60min	4:30pm (11yrs+) Girls Gymnastics 90min	6:15pm (6-10yrs) Girls Gymnastics 90min	4:30pm (11yrs+) Girls Gymnastics 90min	6:15pm (6-10yrs) Girls Gymnastics 90min	12:00pm (6-10yrs) Girls Gymnastics 90min
6:00pm (6-8yrs) Beginner Flipping Class 60min	6:15pm (6-10yrs) Girls Gymnastics 90min	6:00pm (6-8yrs) Beginner Flipping Class 60min	6:15pm (6-10yrs) Girls Gymnastics 90min	5:00pm (6-8yrs) Beginner Flipping Class 60min	9:00am (9yrs+) Beginner Flipping Class 60min
8:00pm (9yrs+) Beginner Flipping Class 60min	6:15pm (11yrs+) Girls Gymnastics 90min	7:00pm (9yrs+) Beginner Flipping Class 60min	6:15pm (11yrs+) Girls Gymnastics 90min	6:00pm (9yrs+) Beginner Flipping Class 60min	12:00pm (6-8yrs) Beginner Flipping Class 60min
5:00pm (6-8yrs) *Accelerated Class 2hours	4:30pm (6-8yrs) Beginner Flipping Class 60min	5:00pm (6-8 yrs) *Accelerated Class 2hours	6:30pm (6-8yrs) Beginner Flipping Class 60min	5:00pm (6-8yrs) *Accelerated Class 2hours	9:00am (6-8yrs) *Accelerated Class 2hours
7:00pm (9yrs+) *Accelerated Class 2hours	5:30pm (9yrs+) Beginner Flipping Class 60min	7:00pm (9yrs+) *Accelerated Class 2hours	7:30pm (9yrs+) Beginner Flipping Class 60min		11:00am (9yrs+) *Accelerated Class 2hours
	7:30pm (6yrs+) Advanced Flipping Class 60min		5:00pm (6-8yrs) *Accelerated Class 2hours		
	5:00pm (6-8yrs) *Accelerated Class 2hours		7:00pm (9yrs+) *Accelerated Class 2hours		
	7:00pm (9yrs+) *Accelerated Class 2hours				



"Where every child is a Champion!"



ADVANCED GROUP COLORS

yellow *Super Silvers	green *Club Local Team
purple *Gold Medalists	red NINJA
pink *Mini & Pre Team	

*Evaluation Required

New time slots available for groups of 4 or more.
Ask office for details.



Schedule of Ninja Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30pm (3-5yrs) Little Ninja 60min	4:30pm (3-5yrs) Little Ninja 60min	4:30pm (3-5yrs) Little Ninja 60min	4:30pm (3-5yrs) Little Ninja 60min	3:15pm (walking-3yrs) Ninja Babies 45min	9:00am (3-5yrs) Little Ninja 60min
4:30pm (6-8yrs) Ninja Kids 60min	4:30pm (6-8yrs) Ninja Kids 60min	4:30pm (6-8yrs) Ninja Kids 60min	4:30pm (9yrs+) Ninja Kids 60min	4:30pm (3-5yrs) Little Ninja 60min	10:00am (6-8yrs) Ninja Kids 60min
5:45pm (3-5yrs) Little Ninja 60min	5:45pm (3-5yrs) Little Ninja 60min	5:45pm (3-5yrs) Little Ninja 60min	5:45pm (3-5yrs) Little Ninja 60min	4:30pm (6-8yrs) Ninja Kids 60min	11:15am (3-5yrs) Little Ninja 60min
5:45pm (6-8yrs) Ninja Kids 60min	5:45pm (6-8yrs) Ninja Kids 60min	5:45pm (6-8yrs) Ninja Kids 60min	5:45pm (6-8yrs) Ninja Kids 60min	5:30pm (3-5yrs) Little Ninja 60min	11:15am (5-8yrs) Ninja Kids 60min
7:00pm (6-8yrs) Ninja Kids 60min	7:00pm (6-8yrs) Ninja Kids 60min	7:00pm (6-8yrs) Ninja Kids 60min	7:00pm (6-8yrs) Ninja Kids 60min	5:45pm (6-8yrs) Ninja Kids 60min	12:30pm (walking-3yrs) Ninja Babies 45min
7:00pm (9yrs+) Ninja Kids 60min	7:00pm (9yrs+) Ninja Kids 60min	7:00pm (9yrs+) Ninja Kids 60min	7:00pm (9yrs+) Ninja Kids 60min	7:00pm (6-8yrs) Ninja Kids 60min	
			7:00pm (8yrs+) Advanced Ninja Kids 60min	7:00pm (9yrs+) Ninja Kids 60min	
				7:00pm (8yrs+) Advanced Ninja Kids 60min	

Schedule of Developmental Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00pm (4-6yrs) *Super Silvers 90min	4:30pm (4-6yrs) *Super Silvers 90min	4:30pm (4-6yrs) *Super Silvers 90min	4:30pm (4-6yrs) *Super Silvers 90min	4:30pm (4-6yrs) *Super Silvers 90min	
4:30pm (5-7yrs) *Gold Medalists (Mon/Wed) 2hrs	5:00pm (5-7yrs) *Gold Medalists (Tue/Thu) 2hrs	4:30pm (5-7yrs) *Gold Medalists (Mon/Wed) 2hrs	5:00pm (5-7yrs) *Gold Medalists (Tue/Thu) 2hrs		
7:00pm (Mon/Wed) *Club Team - Seniors 2hrs/2X a week	7:00pm (Tue/Thu) *Club Team - Juniors 2hrs/2X a week	7:00pm (Mon/Wed) *Club Team - Seniors 2hrs/2X a week	7:00pm (Mon/Wed) *Club Team - Juniors 2hrs/2X a week		
	5:00-8:00pm *Pre Team		5:00-8:00pm *Pre Team		

Note: Schedule is subject to change

Sign up online at www.gmgc.com

1752 Middle Country Road, Centereach, NY 11720 - Tel(631)981-GOLD (4653)

