

## 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

**Smithtown Gym**  
**2023/24 Fall Schedule**

\*Evaluation Required Note: Schedule is subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30am (walking-3yrs) Ninja Babies 45min	9:30am (walking-3yrs) Bronze Babies 45min	9:30am (walking-3yrs) Ninja Babies 45min	10:30am (walking-3yrs) Ninja Babies 45min	11:30am (walking-3yrs) Bronze Babies 45min	8:30am (walking-3yrs) Bronze Babies 45min
11:30am (walking-3yrs) Bronze Babies 45min	5:30pm (walking-3yrs) Bronze Babies 45min	10:30am (walking-3yrs) Bronze Babies 45min	11:30am (walking-3yrs) Bronze Babies 45min	5:30pm (walking-3yrs) Bronze Babies 45min	9:30am (walking-3yrs) Ninja Babies 45min
9:30am (3-5yrs) Silver Stars 55min	5:30pm (walking-3yrs) Ninja Babies 45min	9:30am (3-5yrs) Silver Stars 55min	4:30pm (walking-3yrs) Bronze Babies 45min	10:30am (3-5yrs) Silver Stars 55min	9:30am (walking-3yrs) Bronze Babies 45min
3:30pm (3-5yrs) Silver Stars 55min	10:30am (3-5yrs) Silver Stars 55min	10:30am (3-5yrs) Silver Stars 55min	9:30am (3-5yrs) Silver Stars 55min	3:30pm (3-5yrs) Silver Stars 55min	10:30am (walking-3yrs) Bronze Babies 45min
4:00pm (5yrs) Intro to Rec 60min	11:30am (3-5yrs) Silver Stars 55min	11:30am (3-5yrs) Silver Stars 55min	10:30am (3-5yrs) Silver Stars 55min	4:30pm (5yrs) Intro to Rec 60min	11:30am (walking-3yrs) Bronze Babies 45min
4:30pm (3-5yrs) Silver Stars 55min	3:30pm (3-5yrs) Silver Stars 55min	3:30pm (3-5yrs) Silver Stars 55min	3:30pm (3-5yrs) Silver Stars 55min	4:30pm (3-5yrs) Silver Stars 55min	9:30am (3-5yrs) Silver Stars 55min
5:00pm (5yrs) Intro to Rec 60min	4:30pm (5yrs) Intro to Rec 60min	4:00pm (5yrs) Intro to Rec 60min	4:30pm (3-5yrs) Silver Stars 55min	5:30pm (5yrs) Intro to Rec 60min	10:30am (3-5yrs) Silver Stars 55min
5:30pm (3-5yrs) Silver Stars 55min	4:30pm (3-5yrs) Silver Stars 55min	4:30pm (3-5yrs) Silver Stars 55min	4:30pm (5yrs) Intro to Rec 60min	5:30pm (3-5yrs) Silver Stars 55min	10:30am (5yrs) Intro to Rec 60min
4:30pm (4-6yrs) *Super Silvers 90min	5:30pm (5yrs) Intro to Rec 60min	5:00pm (5yrs) Intro to Rec 60min	5:30pm (5yrs) Intro to Rec 60min		11:30am (3-5yrs) Silver Stars 55min
4:20pm (6-9yrs) Girls Gymnastics 90min	4:00pm (4-6yrs) *Super Silvers 90min	5:30pm (3-5yrs) Silver Stars 55min	5:30pm (3-5yrs) Silver Stars 55min		11:30am (5yrs) Intro to Rec 60min
6:00pm (6-9yrs) Girls Gymnastics 90min	4:30pm (4-6yrs) *Super Silvers 90min	4:30pm (4-6yrs) *Super Silvers 90min	4:00pm (4-6yrs) *Super Silvers 90min		12:30pm (5yrs) Intro to Rec 60min
5:00pm (6yrs+) Dancenastics 60min	4:20pm (6-9yrs) Girls Gymnastics 90min	4:20pm (6-9yrs) Girls Gymnastics 90min	4:20pm (6-9yrs) Girls Gymnastics 90min	4:20pm (6-9yrs) Girls Gymnastics 90min	12:30pm (3-5yrs) Silver Stars 55min
6:00pm (6yrs+) Dancenastics 60min	6:00pm (6-9yrs) Girls Gymnastics 90min	6:00pm (6-9yrs) Girls Gymnastics 90min	6:00pm (6-9yrs) Girls Gymnastics 90min	6:00pm (6-9yrs) Girls Gymnastics 90min	12:00pm (4-6yrs) *Super Silvers 90min
6:00pm (6yrs+) Beginner Flipping Class 60min	6:00pm (10yrs+) Girls Gymnastics 90min	6:00pm (10yrs+) Girls Gymnastics 90min	6:00pm (10yrs+) Girls Gymnastics 90min		10:15am (6-9yrs) Girls Gymnastics 90min
7:00pm (6yrs+) Beginner Flipping Class 60min	6:00pm (6yrs+) Dancenastics 60min	6:00pm (6yrs+) Dancenastics 60min			12:00pm (10yrs+) Girls Gymnastics 90min
5:00pm (9yrs+) *Accelerated Class 2hours	7:00pm (6yrs+) Beginner Flipping Class 60min	7:00pm (6yrs+) Beginner Flipping Class 60min			12:00pm (6-9yrs) Girls Gymnastics 90min
7:00pm (9yrs+) *Accelerated Class 2hours	8:00pm (6yrs+) Advanced Flipping Class 60min	5:00pm (6-8yrs) *Accelerated Class 2hours	5:00pm (6-8yrs) *Accelerated Class 2hours		7:00pm (6yrs+) Beginner Flipping Class 60min
	5:00pm (6-8yrs) *Accelerated Class 2hours	7:00pm (9yrs+) *Accelerated Class 2hours	7:00pm (9yrs+) *Accelerated Class 2hours	4:00pm (6-8yrs) *Accelerated Class 2hours	10:00am (6-8yrs) *Accelerated Class 2hours



"Where every child is a Champion!"



### ADVANCED GROUP COLORS

<b>yellow</b>	<b>*Super Silvers</b>	<b>green</b>	<b>*Club Local Team</b>
<b>purple</b>	<b>*Gold Medalists</b>	<b>red</b>	<b>NINJA</b>
<b>pink</b>	<b>*Mini &amp; Pre Team</b>		

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



\*Evaluation Required

## Schedule of Ninja Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30am (walking-3yrs) Ninja Babies 45min	5:30pm (walking-3yrs) Ninja Babies 45min	9:30am (walking-3yrs) Ninja Babies 45min	10:30am (walking-3yrs) Ninja Babies 45min	9:30am (3-5yrs) Little Ninja 60min	9:30am (walking-3yrs) Ninja Babies 45min
4:00pm (3-5yrs) Little Ninja 60min	4:00pm (3-5yrs) Little Ninja 60min	11:30am (3-5yrs) Little Ninja 60min	4:00pm (3-5yrs) Little Ninja 60min	4:00pm (3-5yrs) Little Ninja 60min	12:00pm (3-5yrs) Little Ninja 60min
5:00pm (9yrs+) Ninja Kids 60min	4:00pm (6-8yrs) Ninja Kids 60min	4:00pm (3-5yrs) Little Ninja 60min	4:00pm (6-8yrs) Ninja Kids 60min	5:00pm (6-8yrs) Ninja Kids 60min	12:00pm (6-8yrs) Ninja Kids 60min
5:00pm (6-8yrs) Ninja Kids 60min	5:00pm (9yrs+) Ninja Kids 60min	5:00pm (6-8yrs) Ninja Kids 60min	5:00pm (6-8yrs) Ninja Kids 60min	5:00pm (3-5yrs) Little Ninja 60min	1:00pm (3-5yrs) Little Ninja 60min
6:00pm (8yrs+) Advanced Ninja Kids 60min	5:00pm (6-8yrs) Ninja Kids 60min	5:00pm (3-5yrs) Little Ninja 60min	6:30pm (6yrs+) Ninja Kids 60min	6:00pm (8yrs+) Advanced Ninja Kids 60min	1:00pm (6-8yrs) Ninja Kids 60min
6:00pm (6-8yrs) Ninja Kids 60min		6:00pm (6-8yrs) Ninja Kids 60min			2:00pm (8yrs+) Advanced Ninja Kids 60min
		7:00pm (8yrs+) Advanced Ninja Kids 60min			

## Schedule of Developmental Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30pm (4-6yrs) *Super Silvers 90min	4:00pm (4-6yrs) *Super Silvers 90min	4:30pm (4-6yrs) *Super Silvers 90min	4:00pm (4-6yrs) *Super Silvers 90min		11:00am-1:00pm *Mini Team
	4:15-6:45pm *Pre Team		4:15-6:45pm *Pre Team		12:00pm (4-6yrs) *Super Silvers 90min
4:15pm (5-7yrs) *Gold Medalists (Mon/Wed) 2hrs	4:45-6:45pm *Mini Team	4:15pm (5-7yrs) *Gold Medalists (Mon/Wed) 2hrs	4:45-6:45pm *Mini Team		12:00-2:30pm *Pre Team
7:00pm (Mon/Fri) *Club Team (Seniors) 2hrs/2X a week	5:30pm (5-7yrs) *Gold Medalists (Tue/Thu) 2hrs	7:00pm (Wed/Sat) *Club Team-Juniors 2hrs/2X a week	5:30pm (5-7yrs) *Gold Medalists (Tue/Thu) 2hrs	6:00pm (Mon/Fri) *Club Team-Seniors 2hrs/2X a week	9:30am (Wed/Sat) *Club Team-Juniors 2hrs/2X a week

Note: Schedule is subject to change

Sign up online at [www.gmgc.com](http://www.gmgc.com)

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