Schedule of Classes

Levittown Gym

2017/18 Fall Schedule

Find your childs age below for classes

- pink — 9 months - 3yrs old, PreSchool Gym
- blue — 3 - 5yrs old, PreSchool Gym
- green — 6 - 18yrs old, Beginners & Intermediate Gymnastics
- yellow — 4 - 18yrs old, Advanced Classes
- orange — 6 - 18yrs old, Tumbling Classes
- red — NINJA ZONE 3 - 11yrs old

***Sibling Class (9mos - 5yrs old)*

**Evaluation Required*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:35am (9mos-18mos) Move with Music 45min	11:45am (9mos-18mos) Move with Music 45min	9:30am (18mos-4yrs) Busy Bees 50min	9:30am (9mos-18mos) Move with Music 45min	9:30am (18mos-4yrs) Busy Bees 50min	**10:30am (18mos-3yrs) Bronze Babies 50min
9:30am (18mos-3yrs) Bronze Babies 50min	**12:45pm (18mos-3yrs) Bronze Babies 50min	**10:30am (18mos-3yrs) Bronze Babies 50min	**3:25pm (18mos-3yrs) Bronze Babies 50min	11:45am (18mos-3yrs) Bronze Babies 50min	
		12:45pm (18mos-3yrs) Bronze Babies 50min			
10:30am (3-5yrs) Mini & Silver Stars 60min	9:30am (3-5yrs) Mini & Silver Stars 60min	**10:30am (3-5yrs) Mini & Silver Stars 60min	11:35am (3-5yrs) Mini & Silver Stars 60min	10:30am (3-5yrs) Mini & Silver Stars 60min	9:25am (3-5yrs) Mini & Silver Stars 60min
3:25pm (3-5yrs) Mini & Silver Stars 60min	10:35pm (3-5yrs) Mini & Silver Stars 60min	11:45am (3-5yrs) Mini & Silver Stars 60min	12:45pm (3-5yrs) Mini & Silver Stars 60min	12:45pm (3-5yrs) Mini & Silver Stars- 60min	**10:30am (3-5yrs) Mini & Silver Stars 60min
4:30pm (3-5yrs) Mini & Silver Stars 60min	**12:45pm (3-5yrs) Mini & Silver Stars 60min	1:45pm (3-5yrs) Mini & Silver Stars 60min	**3:25pm (3-5yrs) Mini & Silver Stars 60min	3:25pm (3-5yrs) Mini & Silver Stars 60min	11:35am (3-5yrs) Mini & Silver Stars 60min
5:45pm (5yrs +) Mini & Silver Stars 60min	4:30pm (3-5yrs) Mini & Silver Stars 60min	3:25pm (3-5yrs) Mini & Silver Stars 60min	4:30pm (3-5yrs) Mini & Silver Stars 60min	4:30pm (3-5yrs) Mini & Silver Stars 60min	12:45pm (3-5yrs) Mini & Silver Stars 60min
	5:45pm (3-5yrs) Mini & Silver Stars 60min	5:45pm (3-5yrs) Mini & Silver Stars 60min	5:45pm (3-5yrs) Mini & Silver Stars 60min		
4:20pm (6-11yrs) Girls Gymnastics 90min	4:20pm (6-11yrs) Girls Gymnastics 90min	4:20pm (6-11yrs) Girls Gymnastics 90min	4:20pm (6-11yrs) Girls Gymnastics 90min	4:20pm (6-11yrs) Girls Gymnastics 90min	8:30am (6-11yrs) Girls Gymnastics 90min
6:00pm (6-11yrs) Girls Gymnastics 90min	6:00pm (6-11yrs) Girls Gymnastics 90min	6:00pm (6-11yrs) Girls Gymnastics 90min	6:00pm (6-11yrs) Girls Gymnastics 90min	6:00pm (6-11yrs) Girls Gymnastics 90min	10:15am (6-11yrs) Girls Gymnastics 90min
7:30pm (9yrs +) Back Handspring Class 60min	6:00pm (12yrs +) Girls Gymnastics 90min	6:00pm (6yrs +) Dancenastics 60min	6:00pm (12yrs +) Girls Classes 90min	5:00pm (6-11yrs) Boys Tumbling 60min	12:00pm (6-11yrs) Girls Gymnastics 90min
7:00pm (9yrs +) *Accelerated Class 2hour	6:00pm (6-8yrs) Back Handspring Class 60min	6:30pm (6-11yrs) Boys Tumbling 60min	6:00pm (6-8yrs) Back Handspring Class 60min	6:00pm (6-8yrs) Back Handspring Class 60min	9:00am (6-8yrs) Back Handspring Class 60min
12:45pm (3-5yrs) Lil' Ninjas 60min	7:00pm (9yrs +) Back Handspring Class 60min	7:30pm (12yrs +) Warrior Tumbling 60min	7:00pm (9yrs +) Back Handspring Class 60min	7:00pm (6yrs +) Flipping Class 60min	9:00am (9yrs +) Back Handspring Class 60min
3:30pm (3-5yrs) Lil' Ninjas 60min	7:00pm (6yrs +) Dancenastics 60min	8:00pm (6yrs +) Flipping Class 60min	7:00pm (9yrs +) *Accelerated Class 2hours	6:00pm (6-8yrs) *Accelerated Class 2hours	10:00am (6-8yrs) *Accelerated Class 2hours
5:00pm (5-7yrs) Ninja Training 60min	7:00pm (6yrs +) Flipping Class 60min	6:00pm (6-8yrs) *Accelerated Class 2hours	10:30am (3-5yrs) Lil' Ninjas 60min	6:00pm (9yrs +) *Accelerated Class 2hours	10:00am (9yrs +) *Accelerated Class 2hours
6:00pm (8-11yrs) Ninja Training 60min	11:40am (3-5yrs) Lil' Ninjas 60min	7:00pm (9yrs +) *Accelerated Class 2hours	3:30pm (3-5yrs) Lil' Ninjas 60min	5:45pm (3-5yrs) Lil' Ninjas 60min	8:30am (3-5yrs) Lil' Ninjas 60min
	3:15pm (3-5yrs) Lil' Ninjas 60min	4:30pm (3-5yrs) Lil' Ninjas 60min	5:00pm (5-7yrs) Ninja Training 60min	6:00pm (5-11yrs) Ninja Girls 60min	9:30am (5-7yrs) Ninja Training 60min
	7:00pm (5-7yrs) Ninja Training 60min	6:30pm (5-11yrs) Ninja Girls 60min	6:00pm (8-11yrs) Ninja Training 60min	7:00pm (5-7yrs) Ninja Training 60min	2:00pm (8-11yrs) Ninja Training 60min
	8:00pm (8-11yrs) Ninja Training 60min				2:00pm (6-11yrs) Special Needs Class 60min

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

GOLD MEDAL GYMNASTICS CENTERS

Note: *Schedule is subject to change.*

Schedule of Developmental Classes & Teams

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00pm (4-6yrs) *Super Silvers *90min*	4:00pm (4-6yrs) *Super Silvers *90min*			4:00pm (4-6yrs) *Super Silvers *90min*	9:00am (4-6yrs) *Super Silvers *90min*
4:00pm (5-7yrs) *Gold Medalists *(Mon/Wed) 2hours*	5:30pm (5-7yrs) *Gold Medalists *(Tue/Thu) 2hours*	4:00pm (5-7yrs) *Gold Medalists *(Mon/Wed) 2hours*	5:30pm (5-7yrs) *Gold Medalists *(Tue/Thu) 2hours*		
5:30-7:30pm (6-8yrs) *Mini Team		5:30-7:30pm (6-8yrs) *Mini Team		5:30-7:30pm (6-8yrs) *Mini Team	
6:00-9:00pm (6-8yrs) *Pre Team		6:00-9:00pm (6-8yrs) *Pre Team			9:00-12:00pm (6-8yrs) *Pre Team
4:00-8:00pm *USAG Team Levels 5-10	4:00-8:00pm *USAG Team Levels 5-10	4:00-8:00pm *USAG Team Levels 5-10		4:00-8:00pm *USAG Team Levels 5-10	8:00-1:00pm *USAG Team Levels 5-10
	6:00-9:00pm *IGC Team All Levels		6:00-9:00pm *IGC Team All Levels		12:00-3:00pm *IGC Team All Levels
	6:00-8:00pm *Club Team (Tue/Thur)		6:00-8:00pm *Club Team (Tue/Thur)		

Note: ***Schedule is subject to change***

Developmental Programs

Super Silvers — yellow

This class is for kids who have mastered the basics in their preschool classes. Kids are challenged even more in the same nurturing environment. Emphasis on using correct form, and increasing strength prepares your gymnast for the ***Gold Medalist*** program. Gymnasts are introduced to levels 1 and 2 of the USAG Junior Olympic program. They start to go on the larger gymnastics equipment at an earlier age. Class is 90 minutes and includes trampoline. ***Evaluation is required to enroll.***

Gold Medalists — purple

This class is designed for children who show a special interest, and wish to pursue gymnastics as a sport. Developing the core basics for a gymnast at this young age is crucial to their success in the Junior Olympic program. Gymnasts in this program will learn the fundamentals of the USAG Level 3 Program. These classes are more physically challenging while maintaining a fun game-like environment. They have the option in participating in their own beginner level gymnastics competition! This competition is labeled "a fun meet" because it is an unofficial exhibition designed to give athletes a positive experience when they perform in front of a crowd. Classes are 2 hours and meet twice a week. ***Evaluation is required to enroll.***

Mini & Pre Team — pink

The Mini & Pre Team is an introduction to competitive gymnastics training while still maintaining a fun environment. Students in this program are taught a solid foundation of basic skills from which future advanced skills can be built upon. Kids will even participate in their own beginner level gymnastic competition each year! All parents must purchase the required uniform when entering this program. All of the latest drills and techniques are taken directly from the USAG Level 4 program.

USA Junior Olympic Team — red

Children who wish to pursue competitive gymnastics may train to qualify and join our Junior Olympic Team. Team gymnasts train year round and are entered into competitions where they compete for scores against other gym clubs. GMGC is currently one of the top competitive programs in the Northeastern United States. Many of our gymnasts have been successful on the National Level and several have received full athletic scholarships to college. Contact our office for further information.

IGC Travel Team — blue

Advanced girls 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.

Club Local Team — green

This is an "In House" team which competes exclusively within the Gold Medal Family of gyms in a non pressured environment. This program prepares gymnast 8yrs and older for high school gymnastics teams. Each class is designed to shape and challenge gymnasts based on their personal strengths and weaknesses. It allows gymnasts to experience a competitive team program without additional travel, practice times and expenses.

Sign up online at www.gmgc.com

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