Schedule of Classes

Rocky Point Gym
2018 Summer Schedule

Find your childs age below for classes

- pink — 0 - 3yrs old, PreSchool Gym
- blue — 3 - 5yrs old, PreSchool Gym
- green — 5 - 18yrs old, Beginners & Intermediate Gymnastics
- yellow — 4 - 18yrs old, Advanced Classes
- orange — 6 - 18yrs old, Tumbling Classes
- red — NINJA ZONE 3 - 11yrs old (See reverse side)
- purple — 3 - 18yrs old, Cheer Classes

*Evaluation Required

Summer Term #1
June 25th to July 28th
5 week session

Summer Term #2
July 30th to August 31st
5 week session

Fully Air-Conditioned!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am (0-3yrs) Zumbini 45min	11:45am (0-3yrs) Zumbini 45min	9:30am (18mos-3yrs) Bronze Babies 45min	11:45am (0-3yrs) Zumbini 45min	9:30am (0-3yrs) Zumbini 45min
10:30am (18mos-3yrs) Bronze Babies 45min	5:45pm (18mos-3yrs) Bronze Babies 45min		5:45pm (18mos-3yrs) Bronze Babies 45min	11:30am (0-3yrs) Bronze Babies & Zumbini OPEN GYM 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	
4:30pm (3-5yrs) Silver Stars 55min	10:30am (3-5yrs) Silver Stars 55min	11:30am (3-5yrs) Silver Stars 55min	10:30am (3-5yrs) Silver Stars 55min	10:30am (3-5yrs) Silver Stars 55min
5:30pm (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	
10:00am (3-5yrs) Tiny Tot Cheer 60min	4:30pm (3-5yrs) Silver Stars 55min	5:30pm (3-5yrs) Silver Stars 55min	4:30pm (3-5yrs) Silver Stars 55min	
9:30am (6-10yrs) Girls Gymnastics 90min				
11:15am (6-10yrs) Girls Gymnastics 90min	4:00pm (6-10yrs) Girls Gymnastics 90min	4:00pm (6-10yrs) Girls Gymnastics 90min	4:00pm (6-10yrs) Girls Gymnastics 90min	9:30am (6-10yrs) Girls Gymnastics 90min
11:15am (6-10yrs) Boys Gymnastics 90min	5:45pm (5-6yrs) Intro to Rec 60min	5:45pm (6-10yrs) Girls Gymnastics 90min	4:00pm (11yrs +) Girls Gymnastics 90min	11:15am (6-10yrs) Girls Gymnastics 90min
11:30am (5-6yrs) Intro to Rec 60min	5:45pm (6-10yrs) Girls Gymnastics 90min		5:45pm (6-10yrs) Girls Gymnastics 90min	11:15am (6-10yrs) Boys Gymnastics 90min
4:00pm (6-10yrs) Girls Gymnastics 90min	5:45pm (11yrs +) Girls Gymnastics 90min		5:45pm (5-6yrs) Intro to Rec 60min	11:30am (5-6yrs) Intro to Rec 60min
5:45pm (6-10yrs) Girls Gymnastics 90min	6:00pm (6-8yrs) Back Handspring Class 60min	6:00pm (9yrs +) Back Handspring Class 60min	7:00pm (12yrs +) Flipping Class 60min	10:00am (6-8yrs) Back Handspring Class 60min
5:45pm (6-10yrs) Boys Gymnastics 90min				
5:00pm (9yrs +) Back Handspring Class 60min				
6:00pm (6yrs +) Dancenastics 60min	4:00pm (6-8yrs) *Accelerated Class 2hours	6:00pm (9yrs +Boys) *Accelerated Class 2hours	4:00pm (6-8yrs) *Accelerated Class 2hours	
7:00pm (12yrs +) Warrior Tumbling 60min	6:00pm (9yrs +) *Accelerated Class 2hours	6:00pm (9yrs +Girls) *Accelerated Class 2hours		
6:00pm (9yrs +Boys) *Accelerated Class 2hours				
6:00pm (9yrs +Girls) *Accelerated Class 2hours				

GOLD MEDAL GYMNASTICS CENTERS

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

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

Find your childs class below

- yellow — *Super Silvers
- purple — *Gold Medalists
- pink — *Mini & Pre Team
- green — *Club Local Team
- red — NINJA ZONE 3 - 11yrs old

*Evaluation Required

Schedule of Ninja Zone Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am (3-5yrs) Lil' Ninjas *60min*	3:00pm (3-5yrs) Lil Ninjas *60min*	6:00pm (5-7yrs) Ninja Training (Boys) *60min*	4:00pm (5-11yrs) Ninja Girls *60min*	9:30am (3-5yrs) Lil Ninjas *60min*
11:15am (5-11yrs) Ninja Girls *60min*	6:00pm (5-7yrs) Ninja Training (Boys) *60min*	7:00pm (8-11yrs) Ninja Training (Boys) *60min*	4:00pm (5-7yrs) Ninja Training (Boys) *60min*	11:15am (5-7yrs) Ninja Training (Boys) *60min*
11:15am (5-7yrs) Ninja Training (Boys) *60min*	7:00pm (8-11yrs) Ninja Training (Boys) *60min*		6:00pm (8-11yrs) Ninja Training (Boys) *60min*	11:15am (8-11yrs) Ninja Training (Boys) *60min*
2:30pm (5-7yrs) Ninja Training (Boys) *60min*				
6:00pm (8-11yrs) Ninja Training (Boys) *60min*				

Schedule of Developmental Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00am (4-6yrs) *Super Silvers *90min*	4:00pm (4-6yrs) *Super Silvers *90min*		4:00pm (4-6yrs) *Super Silvers *90min*	10:00am (4-6yrs) *Super Silvers *90min*
4:00pm (5-7yrs) *Gold Medalists *(Mon/Wed) 2hrs*	5:30pm (5-7yrs) *Gold Medalists *(Tue/Thu) 2hrs*	4:00pm (5-7yrs) *Gold Medalists *(Mon/Wed) 2hrs*	5:30pm (5-7yrs) *Gold Medalists *(Tue/Thu) 2hrs*	
5:00-7:00pm *Mini Team		5:00-7:00pm *Mini Team	5:00-7:00pm *Mini Team	
11:00am *Club Team *2hrs/2X a week*				11:00am *Club Team *2hrs/2X a week*

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

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.***

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.***

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.

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.

Ninja Zone — red

– The Ninja Zone curriculum teaches athletes an all new sport, with concentrations in both athletic skill and character development. "To move uninterrupted through an environment or series of obstacles with fluidity, prowess, and stealth. To use combinations of skillful spins, rolls, flips, jumps, and kicks to elude an opponent." Classes are 60 minutes long for boys & girls ages 3 and up. All parents must purchase a Ninja Zone uniform when entering this program.

Sign up online at www.gmgc.com

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