Schedule of Classes

Levittown Gym
2019/20 Fall Schedule

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 ZONE

**Evaluation Required*

MONDAY
- 10:30am (walking-3yrs) Bronze Babies *45min*
- 11:30am (3mos-12mos) Little Explorers *45min*
- 9:30am (3-5yrs) Silver Stars *55min*
- 3:30pm (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*
- 6:00pm (4-6yrs) *Super Silvers *90min*
- 6:30pm (5yrs) Intro to Rec *60min*
- 4:30pm (6-10yrs) Girls Gymnastics *90min*
- 6:15pm (6-10yrs) Girls Gymnastics *90min*
- 7:45pm (9yrs +) Back Handspring Class *60min*
- 7:00pm (9yrs +) *Accelerated Class *2hours*

TUESDAY
- 9:30am (12mos-3yrs) Busy Bees *45min*
- 11:30am (walking-3yrs) Bronze Babies *45min*
- **12:30pm (walking-3yrs) Bronze Babies *45min*
- **5:30pm (walking-3yrs) Bronze Babies *45min*
- 10:30am (3-5yrs) Silver Stars *55min*
- **12:30pm (3-5yrs) Silver Stars *55min*
- 3:30pm (3-5yrs) Silver Stars *55min*
- 4:00pm (4-6yrs) *Super Silvers *90min*
- 4:30pm (3-5yrs) Silver Stars *55min*
- **5:30pm (3-5yrs) Silver Stars *55min*
- 5:30pm(5yrs) Intro to Rec *60min*
- 4:30pm (6-10yrs) Girls Gymnastics *90min*
- 6:15pm (6-10yrs) Girls Gymnastics *90min*
- 6:15pm (11yrs +) Girls Gymnastics *90min*
- 6:00pm (6-8yrs) Back Handspring Class *60min*
- 7:00pm (9yrs +) Back Handspring Class *60min*
- 7:45pm (6yrs +) Dancenastics *60min*
- 8:00pm (6yrs +) Flipping Class *60min*

WEDNESDAY
- **10:30am (walking-3yrs) Bronze Babies *45min*
- 9:30am (3-5yrs) Silver Stars *55min*
- **10:30am (3-5yrs) Silver Stars *55min*
- 11:30am (3-5yrs) Silver Stars *55min*
- 12:30pm (3-5yrs) Silver Stars *55min*
- 3:30pm (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*
- 6:30pm (5yrs) Intro to Rec *60min*
- 4:30pm (6-10yrs) Girls Gymnastics *90min*
- 6:15pm (6-10yrs) Girls Gymnastics *90min*
- 4:30pm (6-8yrs) Back Handspring Class *60min*
- 5:30pm (6yrs +) Dancenastics *60min*
- 6:30pm (6yrs +) Boys Tumbling *60min*
- 8:00pm (6yrs +) Flipping *60min*
- 4:00pm (6-8yrs) *Accelerated Class *2hours*
- 6:00pm (9yrs +) *Accelerated Class *2hours*

THURSDAY
- 9:30am (3mos-12mos) Little Explorers *45min*
- 11:30am (walking-3yrs) Bronze Babies *45min*
- **3:30pm (walking-3yrs) Bronze Babies *45min*
- **5:30pm (walking-3yrs) Bronze Babies *45min*
- 10:30am (3-5yrs) Silver Stars *55min*
- 12:30pm (3-5yrs) Silver Stars *55min*
- **3:30pm (3-5yrs) Silver Stars *55min*
- 4:00pm (4-6yrs) *Super Silvers *90min*
- 4:30pm (3-5yrs) Silver Stars *55min*
- 4:30pm (5yrs) Intro to Rec *60min*
- **5:30pm (3-5yrs) Silver Stars *55min*
- 6:30pm (5yrs) Intro to Rec *60min*
- 4:30pm (6-10yrs) Girls Gymnastics *90min*
- 4:30pm (6-10yrs) Boys Gymnastics *90min*
- 6:15pm (6-10yrs) Girls Gymnastics *90min*
- 6:15pm (11yrs +) Girls Gymnastics *90min*
- 6:00pm (6-8yrs) Back Handspring Class *60min*
- 7:00pm (9yrs +) Back Handspring Class *60min*
- 8:00pm (6yrs +) Boys Tumbling *60min*
- 7:00pm (9yrs +) *Accelerated Class *2hours*

FRIDAY
- **10:30am (walking-3yrs) Bronze Babies *45min*
- 9:30am (3-5yrs) Silver Stars *55min*
- **10:30am (3-5yrs) Silver Stars *55min*
- 11:30am (3-5yrs) Silver Stars *55min*
- 3:30pm (3-5yrs) Silver Stars *55min*
- 4:00pm (4-6yrs) *Super Silvers *90min*
- 4:30pm (3-5yrs) Silver Stars *55min*
- 5:30pm (5yrs) Intro to Rec *60min*
- 5:30pm (3-5yrs) Silver Stars *55min*
- 4:30pm (6-10yrs) Girls Gymnastics *90min*
- 6:15pm (6-10yrs) Girls Gymnastics *90min*
- 4:00pm (6-8yrs) Back Handspring Class *60min*
- 5:00pm (6yrs +) Flipping *60min*
- 6:00pm (6-8yrs) *Accelerated Class *2hours*

SATURDAY
- 8:30am (walking-3yrs) Bronze Babies *45min*
- **10:30am (walking-3yrs) Bronze Babies *45min*
- 8:30am (4-6yrs) *Super Silvers *90min*
- 9:00am (5yrs) Intro to Rec *60min*
- 9:30am (3-5yrs) Silver Stars *55min*
- 10:30am (5yrs) Intro to Rec *60min*
- **10:30am (3-5yrs) Silver Stars *55min*
- 11:30am (3-5yrs) Silver Stars *55min*
- 12:30pm (3-5yrs) Silver Stars *55min*
- 10:15am (6-10yrs) Girls Gymnastics *90min*
- 10:15am (11yrs +) Girls Gymnastics *90min*
- 12:00pm (6-10yrs) Girls Gymnastics *90min*
- 12:00pm (11yrs +) Girls Gymnastics *90min*
- 9:30am (6-8yrs) Back Handspring Class *60min*
- 10:00am (6-8yrs) *Accelerated Class *2hours*
- 10:00am (9yrs +) *Accelerated Class *2hours*

GOLD MEDAL GYMNASTICS CENTERS

"Where every child is a Champion!"

Note: *Schedule is subject to change.*

ADVANCED GROUP COLORS

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

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

**Evaluation Required*

Schedule of Ninja Zone Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:30pm (3-5yrs) Lil' Ninjas *60min*	4:30pm (3-5yrs) Lil' Ninjas *60min*	5:30pm (3-5yrs) Lil' Ninjas *60min*	10:30am (3-5yrs) Lil' Ninjas *60min*	4:30pm (3-5yrs) Lil' Ninjas *60min*	8:30am (3-5yrs) Lil' Ninjas *60min*
5:30pm (3-5yrs) Lil' Ninjas *60min*	5:30pm (5-7yrs) Ninja Training *60min*	6:30pm (5-11yrs) Ninja Girls *60min*	11:30am (3-5yrs) Lil' Ninjas *60min*	5:30pm (5-11yrs) Ninja Girls *60min*	8:30am (5-11 yrs) Ninja Training (makeups) *60min*
5:30pm (5-7yrs) Ninja Training *60min*	6:30pm (8-11yrs) Ninja Training *60min*		3:30pm (3-5yrs) Lil' Ninjas *60min*	6:30pm (5-7yrs) Ninja Training *60min*	9:30am (5-7yrs) Ninja Training *60min*
6:30pm (8-11yrs) Ninja Training *60min*			5:00pm (5-7yrs) Ninja Training *60min*		11:00am (3-5yrs) Lil' Ninjas *60min*
			6:00pm (5-7yrs) Ninja Training *60min*		12:00pm (3-5yrs) Lil' Ninjas *60min*
			6:00pm (8-11yrs) Ninja Training *60min*		

Schedule of Developmental Classes

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*	4:00pm (4-6yrs) *Super Silvers *90min*	8:30am (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*		
	6:00-8:00pm *Mini Team	6:00-8:00pm *Mini Team		6:00-8:00pm *Mini Team	
	6:00pm *Club Team 2hrs/2X a week		6:00pm *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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