

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**

Schedule of Classes

Rocky Point Gym 2019/20 Fall Schedule

**Evaluation Required*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30am (12mos-3yrs) Busy Bees 45min	9:30am (walking-3yrs) Bronze Babies 45min	10:35am (3-12mos) Lil Explorers 45min	9:30am (walking-3yrs) Bronze Babies 45min	9:30am (12mos-3yrs) Busy Bees 45min	8:30am (walking-3yrs) Bronze Babies 45min
11:45am (walking-3yrs) Bronze Babies 45min	9:30am (walking-3yrs) Baby Ninja 45min	5:45pm (walking-3yrs) Bronze Babies 45min		1:30pm (walking-3yrs) Bronze Babies 45min	9:30am (3-12mos) Lil Explorers 45min
10:30am (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	11:30am (3-5yrs) Silver Stars 55min	9:30am (walking-3yrs) Baby Ninja 45min
4:30pm (3-5yrs) Silver Stars 55min	11:30am (5yrs) Intro to Rec 60min	11:30am (3-5yrs) Silver Stars 55min	11:30am (3-5yrs) Silver Stars 55min	12:30pm (3-5yrs) Silver Stars 55min	10:30am (3-5yrs) Silver Stars 55min
5:30pm (3-5yrs) Silver Stars 55min	12:30am (3-5yrs) Silver Stars 55min	12:30pm (5yrs) Intro to Rec 60min	4:30pm (3-5yrs) Silver Stars 55min	4:30pm (3-5yrs) Silver Stars 55min	11:30am (5yrs) Intro to Rec 60min
5:30pm (5yrs) Intro to Rec 60min	4:30pm (3-5yrs) Silver Stars 55min	4:30pm (3-5yrs) Silver Stars 55min	5:30pm (3-5yrs) Silver Stars 55min	5:30pm (3-5yrs) Silver Stars 55min	12:30pm (3-5yrs) Silver Stars 55min
12:45pm (4-6yrs) *Super Silvers 90min	4:30pm (5yrs) Intro to Rec 60min	5:30pm (5yrs) Intro to Rec 60min		9:30am (4-6yrs) *Super Silvers 90min	10:00am (4-6yrs) *Super Silvers 90min
4:45pm (4-6yrs) *Super Silvers 90min	5:30pm (3-5yrs) Silver Stars 55min	4:45pm (4-6yrs) *Super Silvers 90min	4:45pm (4-6yrs) *Super Silvers 90min	4:30pm (6-10yrs) Girls Gymnastics 90min	10:00am (6-10yrs) Girls Gymnastics 90min
4:30pm (6-10yrs) Girls Gymnastics 90min	4:45pm (4-6yrs) *Super Silvers 90min	4:30pm (6-10yrs) Girls Gymnastics 90min	4:30pm (6-10yrs) Girls Gymnastics 90min	6:15pm (6yrs +) Boys Gymnastics 90min	10:00am (11yrs +) Girls Gymnastics 90min
4:30pm (6yrs +) Boys Gymnastics 90min	4:30pm (6-10yrs) Girls Gymnastics 90min	4:30pm (6yrs +) Boys Gymnastics 90min	6:15pm (6-10yrs) Girls Gymnastics 90min	6:15pm (6-10yrs) Girls Gymnastics 90min	10:00am (6yrs +) Boys Gymnastics 90min
6:15pm (6-10yrs) Girls Gymnastics 90min	6:15pm (6-10yrs) Girls Gymnastics 90min	6:15pm (6-10yrs) Girls Gymnastics 90min		6:15pm (11yrs +) Girls Gymnastics 90min	
5:00pm (6-8yrs) Back Handspring Class 60min	5:00pm (6yrs +) Dancenastics 60min	6:15pm (11yrs +) Girls Gymnastics 90min	5:00pm (6yrs +) Intro to Tumbling 60min	5:00pm (6yrs +) Intro to Tumbling 60min	
6:00pm (6yrs +) Dancenastics 60min	6:00pm (6-9yrs) Back Handspring Class 60min	5:00pm (6-8yrs) Back Handspring Class 60min	6:00pm (9yrs +) Back Handspring Class 60min	6:00pm (6-9yrs) Back Handspring Class 60min	12:00pm (6yrs +) Intro to Tumbling 60min
7:00pm (6yrs +) Flipping 60min	7:00pm (9yrs +) Back Handspring Class 60min	6:00pm (6yrs +) Intro to Tumbling 60min	7:00pm (6yrs +) Flipping 60min		1:00pm (6yrs +) Flipping Class 60min
6:30pm (9yrs +) *Accelerated Class 2hours		7:00pm (9yrs +) Back Handspring Class 60min	7:00pm (12yrs +) Warrior Tumbling 60min	6:30pm (6-8yrs) *Accelerated Class 2hours	11:45am (6-8yrs) *Accelerated Class 2hours
6:30pm (6yrs +) *Accelerated Class (Boys) 2hours	6:30pm (9yrs +) *Accelerated Class 2hours	7:00pm (12yrs +) Warrior Tumbling 60min	6:30pm (6-8yrs) *Accelerated Class 2hours	6:30pm (9yrs +) *Accelerated Class 2hours	11:45am (9yrs +) *Accelerated Class 2hours
		6:30pm (6-8yrs) *Accelerated Class 2hours			
		6:30pm (6yrs +) *Accelerated Class (Boys) 2hours			



"Where every child is a Champion!"

Note: Schedule is subject to change.

ADVANCED GROUP COLORS

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

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
10:30am (3-5yrs) Lil' Ninjas 60min	9:30am (walking-3yrs) Baby Ninja 45min	10:30am (3-5yrs) Lil' Ninjas 60min	11:30am (3-5yrs) Lil' Ninjas 60min	1:30pm (3-5yrs) Lil' Ninjas 60min	9:30am (walking-3yrs) Baby Ninja 45min
4:00pm (5-7yrs) Ninja Training 60min	4:00pm (3-5yrs) Lil' Ninjas 60min	4:00pm (3-5yrs) Lil' Ninjas 60min	3:00pm (3-5yrs) Lil' Ninjas 60min	4:00pm (3-5yrs) Lil' Ninjas 60min	11:00am (3-5yrs) Lil' Ninjas 60min
5:00pm (5-7yrs) Ninja Training 60min	5:00pm (5-7yrs) Ninja Training 60min	5:00pm (5-7yrs) Ninja Training 60min	4:00pm (5-7yrs) Ninja Training 60min	5:00pm (8-11yrs) Ninja Training 60min	12:00pm (5-7yrs) Ninja Training 60min
6:00pm (8-11yrs) Ninja Training 60min	6:00pm (8-11yrs) Ninja Training 60min	5:00pm (8-11yrs) Ninja Training 60min	5:00pm (5-7yrs) Ninja Training 60min	6:00pm (5-7yrs) Ninja Training 60min	1:00pm (8-11yrs) Ninja Training 60min
		6:00pm (5-7yrs) Ninja Training 60min	5:00pm (8-11yrs) Ninja Training 60min		
		6:00pm (8-11yrs) Ninja Training 60min	6:00pm (8-11yrs) Ninja Training 60min		

Schedule of Developmental Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:45pm (4-6yrs) *Super Silvers 90min	4:45pm (4-6yrs) *Super Silvers 90min	4:45pm (4-6yrs) *Super Silvers 90min	4:45pm (4-6yrs) *Super Silvers 90min	9:30am (4-6yrs) *Super Silvers 90min	10:00am (4-6yrs) *Super Silvers 90min
4:45pm (4-6yrs) *Super Silvers 90min	4:45pm (5-7yrs) *Gold Medalists (Tue/Thu) 2hrs	6:15pm (5-7yrs) *Gold Medalists (Mon/Wed) 2hrs	4:45pm (5-7yrs) *Gold Medalists (Tue/Thu) 2hrs		
6:15pm (5-7yrs) *Gold Medalists (Mon/Wed) 2hrs	5:00-7:00pm *Mini Team		6:00-8:00pm *Mini Team		12:30-2:30pm *Mini Team
4:30pm *Club Team- JR & SR 2hrs/2X a week	4:30pm *Club Team- Jr. Group 2hrs/2X a week		4:30pm *Club Team- Sr. Group 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.

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 3/4 or Bronze programs.

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.

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 trampolines. *Evaluation is required to enroll.



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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