46 Years of Excellence!

"Home of the 2018 Junior Olympic Level 10 AA Regional Champion!"

GOLD MEDAL GYMNASTICS CENTERS™

"Where Every Child is a Champion!"

- Ages 3 months - 18 years
- Beginners & Intermediates
- Gymnastics & Ninja Parties!
- State-of-the-Art Facilities
- USAG Safety Certified Staff
- Sterilized & Air Purified Gyms
- Award Winning USAG & IGC Teams
- Annual Family Expo

NINJA ZONE®

Visit One of Our Six Locations...

- **HUNTINGTON** (631) 427-8275
- **CENTEREACH** (631) 981-GOLD(4653)
- **ROCKY POINT** (631) 821-2100
- **SMITHTOWN** (631) 366-GOLD(4653)
- **GARDEN CITY** (516) 357-3636
- **LEVITTOWN** (516) 735-GOLD(4653)

Fast & Easy ONLINE Registration at www.GMGC.com

GOLD MEDAL GYMNASTICS CENTERS™

Huntington - 266 E. Pulaski Rd., Greenlawn, NY 11740
Centereach - 1752 Middle Country Road, Centereach, NY 11720
Rocky Point - 683 Route 25A, Rocky Point, NY 11778
Smithtown - 253 West Main Street, Smithtown, NY 11787
Garden City - 1100 Stewart Avenue, Garden City, NY 11530
Levittown - 210 Gardiners Avenue, Levittown, NY 11756

First Class Guarantee (Ask for Details)

BBB

"If I had a kid I would send them to Gold Medal Gymnastics."
-Nastia Liukin
2008 Olympic Gold Medalist

"Set your goals, follow your dreams, listen to your heart

History & Philosophy

Long Island's #1 Gym since 1973

GMGC began in 1973. Our success over the years comes from our desire to give every student a quality learning experience. All of our classes maintain a low student to teacher ratio and are taught by certified instructors. Gymnastics teaches not only athletic skills but also goal setting and achievement. Classes are structured to build upper & lower body strength, balance, flexibility, and coordination. Our fun learning environments consist of a huge state-of-the-art gymnastics facility with fully equipped girls & boys gymnastics equipment, in-ground trampolines, a tumble track, numerous landing mats, in-ground foam pits, plus overhead spotting belts. All of our facilities are cleaned and sterilized daily. Come visit us for a tour!

PreSchool Age Gymnastics Program

These classes provide a nurturing pre-school environment for your child. Our state-of-the-art facilities include kid-sized equipment run by highly trained instructors. Classes are designed to increase physical strength, develop motor skills and channel all of their energy! Children are divided into groups based on age, maturity and skill level. Classes will boost their self-esteem and self-confidence through our positive and encouraging teaching techniques.

Private Play Date Ages 9mos-5yrs

Interested in having a one hour open play exclusively for your child and their guests? Our private play dates are designed so only your child and their invited friends can play on our state-of-the-art equipment, supervised by our highly trained staff. Studies have shown that scheduling one play date every week helps tremendously improve your child's social skills, so why not do it at Gold Medal!? Call any of our locations for details and get your play date scheduled today! (5 child minimum)

Upcoming Events

WHEN SCHOOL IS OUT, CAMP IS IN!

Back to School Camp
September 30th & October 1st, 2019

Fall Camp
October 9th, & 14th 2019

Spooktacular
October 19th, 2019

Fall Camp 2
November 11th, 2019

Drop & Shop
November 29th, 2019

Holiday Camp
December 23rd, 27th & 30th, 2019

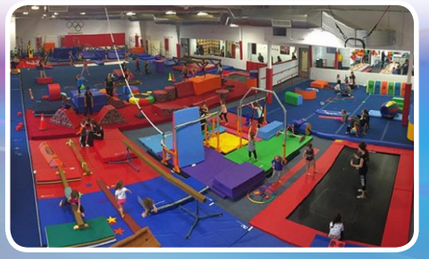
Martin Luther King Camp
January 20th, 2019

Winter Camp (Presidents week)
February 18th, 19th, 20th, 2019

Spring Camp (select locations)
April 10th, 14th, 15th, 16th, 2019

Spring Camp (Centereach location only)
April 10th, 14th, 15th, 16th, 2019

Family Expo
May 30th & 31st, June 6th & 7th, 2019



Keep up to date with the latest Gold Medal News by visiting our website
www.GMGC.com
or following us on social media

Stop by one of our Pro Shops at a Gold Medal Gymnastics Center near you.

Leotards
Grips/Grip Bags
Tape

Wristbands
Sweatshirts
Duffle Bags

Leggings
Tank Tops
Ninja Apparel

Boys T-Shirts
Shorts
Drawstring Bags

New Programs

Little Explorers Ages 3-12 months

This is a 45 minutes class for the babies to start exploring our gym. They will start climbing, focus on taking some steps, bouncing with a parent on the trampolines, instruments, bubbles and fun music! This class is made for parent and baby to play in a safe and fun environment! Contact the office for more details!

Intro to Rec Ages 5yrs

This class was created for 5 year olds to get an early introduction to the larger gymnastics equipment. Children who are ready to move past the preschool fundamentals, but are not yet ready for the 90 minute recreational program, can enter this introductory class that is 60 minutes long with children their own age. During this class they will be taught the basic skills & safety on using the full size bars, beams, & vault. They will also be introduced to the next level of skills on tumbling, trampoline, tumble track & rockwall. This program is designed to maintain the fun preschool environment, without being restricted to just the preschool area and equipment. *Children who are currently enrolled in preschool classes can ask their teachers if they are ready for this next step.*

and don't let anything stand in your way." Brandy Johnson

PreSchool Programs

New Little Explorers Ages 3-12 months

This is a 45 minutes class for the babies to start exploring our gym. They will start climbing, focus on taking some steps, bouncing with a parent on the trampolines, instruments, bubbles and fun music! This class is made for parent and baby to play in a safe and fun environment! Contact the office for more details!

Bronze Babies Ages Walking-3yrs

Parents assist their own children through various skills on our preschool gymnastics equipment. You'll be right there to cheer on your little one, and celebrate every achievement. Studies show that exercise at this age helps stimulate motor skills, acquire reasoning skills, increases your child's attention span along with social development. Children will learn to interact with other children in a fun social setting. For most children this is the first time they learn to take turns, share, and follow directions. It's a great way to prepare your child for school. This is a 45 minute class that ends with a 10 minute free play where parent and child get to go on any event they choose to practice what they learned from class. ***Sibling classes available.***

Busy Bees Ages 12mos-3yrs

An introduction to the structure and discipline of preschool and gymnastics classes. This class creates a safe environment for your child to jump on a trampoline, climb on rock walls, zoom down slides, and hang on bars. Classes will include a small portion of structured gymnastics and a large portion of fun, games, music, and open play. Watch your child grow to love physical activities and see their attention span develop more and more each class. Activities will include bubble time, parachute fun, foam pit games, belt flying, and much more! This class is a great opportunity for parents to bond with each other and their children. Class is 45 minutes.
Sibling classes available.

PreSchool Programs

Silver Stars Ages 3-5yrs

This 55 minute class teaches basic gymnastics integrated into a fun game-like environment. This class introduces parental separation, fostering independence and self-esteem. Every class starts off with a musical warm up and stretch to motivate and introduce gymnastics. Children will be taught three Olympic events such as beam and bars along with a trampoline event. Every week children learn new skills including cartwheels, handstands, forward rolls, backward rolls, jumps, vaulting, and more. Benefits include increased strength, balance, flexibility, neuromuscular coordination, & self esteem. Children are divided into age appropriate groups based on maturity level and skill level. *NOTE: ALL CHILDREN MUST BE POTTY TRAINED.* ***Sibling classes available.***

Intro to Rec Ages 5yrs

This class was created for 5 year olds to get an early introduction to the larger gymnastics equipment. Children who are ready to move past the preschool fundamentals, but are not yet ready for the 90 minute recreational program, can enter this introductory class that is 60 minutes long with children their own age. During this class they will be taught the basic skills & safety on using the full size bars, beams, & vault. They will also be introduced to the next level of skills on tumbling, trampoline, tumble track & rockwall. This program is designed to maintain the fun preschool environment, without being restricted to just the preschool area and equipment. *Children who are currently enrolled in preschool classes can ask their teachers if they are ready for this next step.*

Super Silvers Ages 4-6yrs

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. Students begin to connect skills in a row while adding perfect form and posture to their gymnastics. Class is 90 minutes and includes trampoline.
Evaluation is required to enroll.

Beginners & Intermediate Classes

Girls Gymnastics Ages 6-18yrs

This 90 minute class is based on the 4 Olympic gymnastics events: balance beam, uneven bars, vaulting, and floor exercise. Each week kids will be learning new skills in our state of the art facilities. Lesson plans are designed to keep kids moving the entire class, improving their over-all fitness and keeping it fun! Gold Medal offers a nurturing environment where students are encouraged to progress at their own unique pace: from forward rolls and cartwheels to front and back handsprings. Lessons always include trampoline and tumble track. Kids increase their flexibility and strength, boost their self-esteem, and gain a sense of pride in their achievements. Students are divided into groups with their friends and also by age & ability.

Boys Gymnastics Ages 6-18yrs

Swinging, climbing, jumping and building muscles is what boy's gymnastics is all about! Gymnastics increases over-all strength and coordination which greatly benefits boys in any sport they may play. Strength and flexibility stations are setup on each event to challenge your kids and to channel all of their energy! Boy's classes are structured around the men's Olympic events (Rings, pommel horse, high bar, parallel bars, vault and tumbling). Classes are 90 minutes long and students are grouped with their friends and by age & ability. *Only available at certain locations.*

Birthday Parties

Kids FLIPover gymnastics birthday parties

Enjoy an action-packed, fun filled birthday party for children. Let us throw your child one of the best parties they have ever had. Gold Medal's trained professional staff will lead the children through various games & activities on our gymnastics equipment. We recommend you book your party at least one month in advance.

3-12yr Old Parties

"All the Instructors made my child and her friends feel special. Their non-stop energy and enthusiasm are 2nd to none."
Kramer Family

Obstacle Course

★ Party Prices ★

Gymnastics Party Includes:

Party includes 1 hour in our gymnastics instruction, 1/2 hour in the party room for food. Our staff helps set up & serve the food which you provide. Contact our office for pizza delivery information. We supply tables, chairs, table cloths, plates, cups, utensils & free trial coupons for all guests. Gold Medal T-Shirt for Birthday Child!

NINJA Party Includes:

Party includes 1 hour of Basic Ninja Skills, Ninja Obstacle Course, Ninja Tag and Open Gym Time. 1/2 hour in the party room for food. Our staff helps set up & serve the food which you provide. Contact our office for pizza delivery information. We supply tables, chairs, table cloths, plates, cups, utensils & free trial coupons for all guests. Ninja Headband for Birthday Child!

Free Balloons for All!

Birthday Child Always Flies!
Our staff will add a helium filled balloon to each chair of your party guests.

Visit our office to secure your date and time today!

$385
for the first 12 children or less
(Call your location for further details)

$15
for each additional child

Parties for children 5 years and under will be an additional fee of $45
(lower ratio, more staffing)

Annual Family Expo

May & June 2020

Every year we reward all of our students by putting together an unforgettable exhibition (Pictures from 2019 Greatest Show on Earth shown below). Every student will show their family what they have learned all year. Parents take pictures while their child receives a microphone introduction and an award with a certificate. The following awards are given to expo PARTICIPANTS ONLY:

(See Gym Calendar for Dates)

1st Year = Gold Medal 2nd Year = Trophy 3rd Year = Large Trophy

(*Students must be enrolled in term 9 & 10 to participate)

Saturday REC OPEN GYM Ages 6 & Up

During the school year, the gym opens it doors to any gymnast who wishes to workout on any events they choose. Open gym is entirely supervised by our staff. Check schedule for days and time. *Not available at all locations.*

Rules & Policies

1. Children under 6 years old MUST be strictly supervised by their parents at all times. Please DO NOT let your child run off without you. Parents must sign Adult Waiver.
2. Gymnasts are not permitted on any apparatus without supervision.
3. All participants must stretch properly before beginning any activity.
4. All Students must sign in and pay a cash fee before entering the gym.

Gym Members $10/1.5 hours

Non-Gym Members $20/1.5 hours

Advanced Programs

*Note: **Evaluation is required before entering these groups.***

Accelerated Class Girls & Boys Ages 7-15yrs

These 2 hour classes offer students a chance to master new skills at an accelerated pace. Girls can learn tumbling for their school sports such as cheerleading...etc., and boys can build strength for every sport that they play as well. Kids choose how many days a week they practice and workouts include increased conditioning and gymnastics. Girl's groups will have extra dance elements introduced into their workouts and boys groups will emphasize the strength skills needed for Rings, Pommels, and P-Bars. Students are divided into groups with their friends and with other kids of their skill level. The accelerated program is a non-competitive program. Girls in this program may work towards qualifying for the USAG Junior Olympic Team or the IGC Team. Boys may qualify for the USAG Boys Team. However, being a member of a competitive team program is NOT required.

Intro to Club Team Ages 6yrs & up

This two hour class is a fun introduction to competitive gymnastics and Club Team. The class meets once a week for two hours where students will be given a solid foundation of learned skills to develop simple routines for bars, beam and floor. Students will be part of a team that will participate as runners and score flashers for our GMGC Club Team meets. This is a great introduction to learning about sportsmanship and being part of a competitive meet environment. They will also participate in their own beginner level gymnastic competition each year! This competition is labeled “a fun meet” because it is an unofficial exhibition designed to give the students a positive experience when they perform in front of a crowd. All parents must purchase the required uniform when entering this program *Evaluation is required before entering this program. *Not available at all locations.*

Developmental Programs

*Note: **Evaluation is required before entering these groups.***

Gold Medalists Ages 5-7yrs

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 is crucial to their success in the Junior Olympic program. Gymnasts in this program will learn the fundamentals of the USAG Level 2 including all of the latest training techniques that are set forth by the USAG National staff. These classes are more physically challenging while maintaining a fun game-like environment. Kids learn more advanced gymnastics skills and gain a sense of pride in their accomplishments. They have the option in participating in their own beginner level gymnastic 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.***

Girls MINI-TEAM (USAG Level 3) Ages 5-8yrs

Mini 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! This competition is labeled “a fun meet” because it is an unofficial exhibition designed to give the athletes a positive experience when they perform in front of a crowd. 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 program. Students in this program, who meet certain criteria, are invited to join our USA Gymnastics Junior Olympic Team or our IGC Team. Our team directors are always available for an evaluation to inform parents of what skills their gymnast needs to make it on to one of our “award winning” teams.

Gymnastics Policies

Written Withdrawal Notice

ALL OF OUR STUDENTS ARE SIGNED UP FOR THEIR CLASS THROUGHOUT THE ENTIRE SCHOOL YEAR UNLESS WRITTEN NOTICE IS GIVEN TO OUR OFFICE.

Written notification of withdrawal to the office (not the instructor) is required before the AUTOCHARGE DATE prior to the start of a 4 week term. Autocharge date is clearly posted in red on our calendar. If this deadline is not met then you authorize Gold Medal Gymnastics Center to use your credit card and agree to be responsible for payment if for some reason the card cannot be charged. A $25 fee is charged for declined cards.

Signing the applications or clicking "Agree" online confirms you understand all of these policies.

Tuition Policy

1. Tuition is due by the AUTOCHARGE DATE before every four week term.
2. A Credit Card Number must be on file to be used for overdue payments.
3. Credit Cards must have a line of credit. NO BANK/DEBIT CARDS.
4. No Credit Card is needed if you pay for a minimum of 4 full terms in advance.
5. Payments are for a minimum of 4 weeks. No partial payments accepted.
6. A $40 registration fee is due once in our fiscal year. (July to June)
7. There will be a $25 charge for any returned checks or **declined credit cards**.
8. NO REFUNDS given for any missed classes.

Makeup Policy

1. Students must CURRENTLY BE ENROLLED to receive a makeup. Your child's current class cannot count as a makeup.
2. MAKEUPS MUST BE SCHEDULED either by phone or in person. Please do not arrive without scheduling!
3. Makeups are a courtesy not an obligation. We pay an instructor whether you show or not. Please make an effort to attend every class.
4. MAKEUPS ARE SCHEDULED ONCE. No makeups for makeups.
5. Makeups are only available within 8 weeks of the missed class.
6. All makeups for 90 minute gymnastic classes are held on Saturdays, Ask our office for details.
7. All Girls Accelerated & Gold Medalists must call for appropriate day & time.
8. Ninja Zone - All Ninja makeups except Lil Ninjas are held on Saturdays.

Gymnastics Policy

1. NO JEWELRY ALLOWED, It may get torn off or cause injury.
2. NO FOOD, DRINK or CHEWING GYM in the gym area.
3. Parents are not permitted in the gym area.
4. We are not responsible for lost items.
5. We must always have a phone number to contact you.
6. No loose clothing, socks, buttons or zippers.
7. Girls wear leotards, LONG HAIR TIED UP.
8. Boys wear shorts and a t-shirt.

NINJA ZONE Policy

1. Uniform required. Headband or wristband must be worn every class.
2. Advancement to the next level requires mission testing.

Special Olympics
Official Training Center Since 1990

USA GYMNASTICS
Member Club

Summer Programs

Summer Camp

9:30am-12:30pm

NINJA ZONE

Gymnastics Camp

Ages 3-12yrs

3 Days a Week
Tuesday, Wednesday, Thursday
90 Minutes Gymnastics Class
Snack Time

NINJA Zone Camp

Ages 3-12yrs

3 Days a Week
Tuesday, Wednesday, Thursday
90 Minutes Ninja Zone Class
Snack Time

FUN Gymnastics or
NINJA Zone Themed Weeks!

FULLY AIR-CONDITIONED

Summer Classes

Monday - Friday

Parents love continuing in the summer with their children's gymnastics. Give your children a break from the heat. Take advantage of the increased personal attention during the warm months. Your child will be in class with fewer kids taking advantage of our fully air conditioned facilities. Studies have shown that children actually learn at a faster pace in the summer with the absence of school and homework.

BEAT THE HEAT!

Team Programs

Girls Junior Olympic Program
Award Winning Program

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. Children are taught the importance of goal setting and teamwork. All gymnasts must compete on all four of the Olympic events. 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.

"Congratulations Level 10 State Champion Ashley Veglucci!"
Full Scholarship to Central Michigan University

USAIGC
Optional Competitive Program
World Champions 2019!

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.

Boys Junior Olympic Team

Boys who have been training in our accelerated program may qualify to join our Boys Junior Olympic Team. Boys in this program must compete on all six Olympic events. Special emphasis is on strength conditioning and self-discipline. Several boys qualified for the National Championships this year!

Club Team Ages 8-16yrs

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.

Tumbling Programs

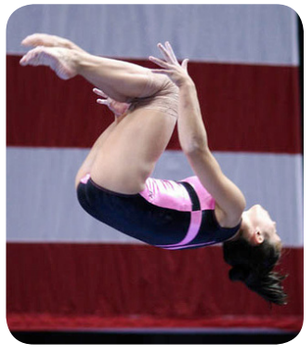
Many sports and activities now incorporate gymnastics skills. This is why many athletes currently come to GMGC. These 1 hour classes primarily concentrate on tumbling skills taught on our spring floor and learning progressions on our trampolines and tumble track.

Dancenastics Ages 6-18yrs

This hour long class focuses on the tumbling and acrobatic skills used in dance. In this class students will learn walkovers, aerials, back handsprings, etc. Emphasis on core strength and flexibility.

Back Handspring Class Ages 6-18yrs

Most needed skill by all high school squads, this class focuses on drills and strength building to learn a back handspring on floor. *Cheerleading teams can come practice and form their own class with 3 or more students.*



Flipping Class Ages 7-18yrs

Students who can do a back handspring by themselves can enter this class to add a back tuck to their tumbling. This class focuses on drills designed to target back and front flips, side aerials and layouts.

Boys Tumbling Class Ages 6yrs & up

This hour long class focuses on learning back handsprings, floor & trampoline skills. *Only available at certain locations.*

Warrior Tumbling Class Ages 12yrs & up

This program offers a ninja warrior inspired experience through challenging but fun obstacle course training. This program will instill basic strength, balance, hand-eye coordination along with technique and speed. There will be a variation of new obstacle courses that will be used in this class inspired by the popular events on TV. ***Not available at all locations, contact office for details.***

Special Needs Class Ages 3-10yrs

Our Gold Medal staff has worked closely with special needs educators to create a personal and specialized gymnastics program for individuals with intellectual and physical challenges. Besides being fun and healthy, our special needs program helps develop movement and motor skills while building coordination. Kids will become more focused and confident! Our caring and fun environment helps your child safely participate in physical activity. We guarantee a low student: teacher ratio (maximum, 4:1) ***Not available at all locations, contact office for details.***

Special Olympics
Official Training Center Since 1990

NINJA Zone

"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."

New **Baby Ninjas**

Ages Walking-3yrs

Baby Ninjas is the first step in creating confidence in young children! In an organized, yet playful structure, this parent and tot class is the perfect way to socialize your child, allow them to learn and understand what it means to follow instruction, and of course, get them moving!
Class goals: listening skills, fundamental movement, coordination, fine and gross motor skill development, body awareness, and our Ninja Zone character-building component
(60 minute class)

Lil' Ninjas

Ages 3-5yrs

Lil' Ninjas is the entry level to the all-new sport discipline inspired by gymnastics, martial arts, obstacle training, and freestyle movement.
Class goals: Listening skills, confidence, trying new things, working through frustration, and manners. We do all this through a strategic mix of skills and progressions.
(60 minute class)

Ninja Training

Ages 5-11yrs

Children learn a combination of flips, rolls, jumps, and kicks. Strength and agility are tested through obstacle courses and various training techniques. A progressive level system evaluates and advances children in their skill and knowledge of core values as described in the Ninja Zone creed.
Children advance and learn at their own pace.
The levels of Ninja Zone are defined by the headband colors of White, Yellow, Green, and Blue.
(60 minute class)

Ninja Girls

Ages 5-11yrs

Created for the sporty, fearless, little girl that loves to flip, jump, and kick but prefers headbands to bows! Children learn a combination of flips, rolls, jumps, and kicks. Strength and agility are tested through obstacle courses and various
training techniques. A progressive level system evaluates and advances children on their skill and knowledge of core values as described in the Ninja Zone creed. Children advance and learn at their own pace.
The levels of Ninja Zone are defined by the headband colors of White, Yellow, Green, and Blue
(60 minute class)

Ninja Parties

Ages 3-11yrs

Ninja Zone parties are awesome! We set up courses for time and speed, allowing all party attendees to test strength and compete with one another in a fun and safe space. Ninja Zone parties are guaranteed to tire children out! A great option for birthday celebrations and other occasions.

To schedule a Ninja Zone party, contact your our office today!

NINJA GAMES

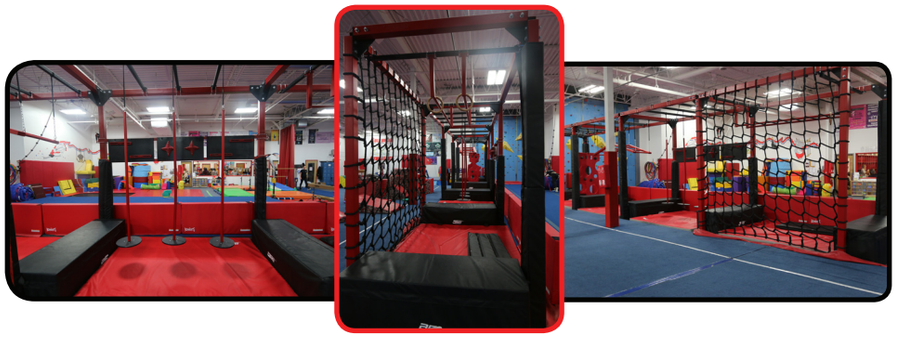
Ninja Games

A Special Event in a COMPETITIVE FORMAT:

Enrolled Ninjas show off their skills in a two-part competition comprised of a "Chase" and "Conflict" scene. The Ninjas compete against each other and themselves in an unforgettable experience!

NINJA Zone

The Ninja Zone curriculum teaches athletes an all new sport, with concentrations in both athletic skill and character development.



Strength & Agility
from Obstacle Course Training

Creativity
from Freestyle Movement

Total Body Control
from Gymnastics

Discipline
from Martial Arts

For success in school, sport, and life, a child that learns to channel their impulse & energy towards a focused goal will succeed in all endeavors.