

Find your child's age below for classes

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

**Evaluation Required*

Schedule of Classes

Rocky Point Gym 2017/18 Fall Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30am (6 weeks & up) Bounce Back Baby 60min	9:30am (9mos-18mos) Move with Music 45min	9:30am (18mos-3yrs) Bronze Babies 50min	9:30am (18mos-3yrs) Bronze Babies 50min	11:40am (9mos-18mos) Move with Music 45min	9:30am (18mos-3yrs) Bronze Babies 50min
3:20pm (18mos-3yrs) Bronze Babies 50min	11:40am (18mos-3yrs) Bronze Babies 50min	10:30am (9mos-18mos) Move with Music 45min	11:40am (18mos-4yrs) Busy Bees 50min	12:45pm (18mos-3yrs) Bronze Babies 50min	11:30am (18mos-4yrs) Busy Bees 50min
9:30am (3-5yrs) Mini & Silver Stars 60min	10:30am (3-5yrs) Mini & Silver Stars 60min	11:30am (3-5yrs) Mini & Silver Stars 60min	10:30am (3-5yrs) Mini & Silver Stars 60min	5:40pm (18mos-3yrs) Bronze Babies 50min	8:30am (3-5yrs) Mini & Silver Stars 60min
11:40am (3-5yrs) Mini & Silver Stars 60min	4:30pm (3-5yrs) Mini & Silver Stars 60min	12:45pm (3-5yrs) Mini & Silver Stars 60min	12:45pm (3-5yrs) Mini & Silver Stars 60min	4:30pm (3-5yrs) Mini & Silver Stars 60min	10:30am (3-5yrs) Mini & Silver Stars 60min
4:30pm (3-5yrs) Mini & Silver Stars 60min	5:40pm (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
5:40pm (3-5yrs) Mini & Silver Stars 60min		5:40pm (3-5yrs) Mini & Silver Stars 60min	5:40pm (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 (6yrs +) OPEN GYM 90min
4:20pm (6-8yrs) Boys Gymnastics 90min	6:00pm (6-11yrs) Girls Gymnastics 90min	4:20pm (6-8yrs) Boys Gymnastics 90min	6:00pm (6-11yrs) Girls Gymnastics 90min	6:00pm (6-11yrs) Girls Gymnastics 90min	10:00am (6-11yrs) Girls Gymnastics 90min
6:00pm (6-11yrs) Girls Gymnastics 90min	6:00pm (12yrs +) Girls Gymnastics 90min	6:00pm (6-11yrs) Girls Gymnastics 90min		6:00pm (12yrs +) Girls Gymnastics 90min	10:00am (6-8yrs) Boys Gymnastics 90min
7:00pm (6yrs +) All Star Cheer 2hours	4:45pm (5-9yrs) Cheer Training 90min	3:00pm (3-5yrs) Tiny Tot Cheer 60min	6:30pm (6yrs +) All Star Cheer 2hours	6:00pm (6-8yrs) Boys Gymnastics 90min	
6:00pm (6-9yrs) Back Handspring Class 60min	6:00pm (10yrs +) Back Handspring Class 60min	5:15pm (7yrs +) Flipping Class 60min	6:00pm (10yrs +) Back Handspring Class 60min		11:30am (6-9yrs) Back Handspring Class 60min
7:00pm (6yrs +) Dancenastics 60min	7:00pm (7yrs +) Flipping Class 60min	6:00pm (6yrs +) Dancenastics 60min			12:30pm (7yrs +) Flipping Class 60min
		6:30pm (12yrs +) Warrior Tumbling 60min			12:30pm (12yrs +) Warrior Tumbling 60min
		7:00pm (6-9yrs) Back Handspring Class 60min			
6:00pm (Boys 6yrs +) *Accelerated Class 2hours		8:00pm (7yrs +) Twisting Class 60min		6:30pm (Girls 6yrs +) *Accelerated Class 2hours	11:30am (3-5yrs) Lil' Ninjas 60min
6:30pm (Girls 6yrs +) *Accelerated Class 2hours	11:40am (3-5yrs) Lil' Ninjas 60min	6:30pm (Girls 6yrs +) *Accelerated Class 2hours	6:00pm (5-7yrs) Ninja Training 60min	7:30pm (5-11yrs) Ninja Girls 60min	2:00pm (5-7yrs) Ninja Training 60min
10:30am (3-5yrs) Lil' Ninjas 60min	7:00pm (5-7yrs) Ninja Training 60min	6:00pm (Boys 6yrs+) *Accelerated Class 2hours			2:00pm (8-11yrs) Ninja Training 60min
6:00pm (5-7yrs) Ninja Training 60min	7:00pm (8-11yrs) Ninja Training 60min	3:20pm (3-5yrs) Lil' Ninjas 60min			
		7:30pm (5-7yrs) Ninja Training 60min			
		7:30pm (5-11yrs) Ninja Girls 60min			

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



Note: Schedule is subject to change.

Schedule of Developmental Classes & Teams

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30pm (4-6yrs) *Super Silvers 90min	12:45pm (4-6yrs) *Super Silvers 90min		4:30pm (4-6yrs) *Super Silvers 90min	9:30am (4-6yrs) *Super Silvers 90min	10:00am (4-6yrs) *Super Silvers 90min
4:30pm (5-7yrs) *Gold Medalists (Mon/Wed) 2hours	4:30pm (4-6yrs) *Super Silvers 90min	4:30pm (5-7yrs) *Gold Medalists (Mon/Wed) 2hours	6:00pm (5-7yrs) *Gold Medalists (Tue/Thurs) 2hours	4:20pm (Boys 4-6yrs) *Super Silvers 90min	
4:30-6:30pm *Mini Team	6:00pm (5-7yrs) *Gold Medalists (Tue/Thurs) 2hours	4:30-6:30pm *Mini Team		4:30-6:30pm *Mini Team	
	4:30-8:30pm *Boys Team		4:30-8:30pm *Boys Team		11:00-3:00pm *Boys Team
5:00-8:00pm *USAG Team Level 4/5	5:00-8:00pm *USAG Team Level 3	5:00-8:00pm *USAG Team Level 4/5	5:00-8:00pm *USAG Team Level 3	5:00-8:00pm *USAG Team Level 3	8:00-11:00am *USAG Team Level 6/7/8
5:00-8:00pm *USAG Team Level 6/7/8	5:00-8:00pm *USAG Team Level 6/7/8	5:00-8:00pm *USAG Team Level 6/7/8	5:00-8:00pm *USAG Team Level 6/7/8	5:00-8:00pm *USAG Team Level 4/5	11:00-2:00pm *USAG Team Level 4/5
					11:00-2:00pm *USAG Team Level 3
4:00-7:00pm *IGC Team Silver A	6:00-9:00pm *IGC Team Bronze	4:00-7:00pm *IGC Team Silver A (optional)	6:00-9:00pm *IGC Team Bronze	6:00-9:00pm *IGC Team Silver A	10:00-1:00pm *IGC Team Bronze (optional)
6:00-9:00pm *IGC Team Silver B	6:00-9:00pm *IGC Team Silver A	4:00-7:00pm *IGC Team Silver B (optional)	4:00-7:00pm *IGC Team Silver B	4:00-7:00pm *IGC Team Silver B	
4:00-7:00pm *IGC Team Gold	4:00-7:00pm *IGC Team Gold		4:00-7:00pm *IGC Team Gold	4:00-7:00pm *IGC Team Gold	10:00-1:00pm *IGC Team Gold (optional)
	6:45-8:45pm *Club Team (Tue/Thur)		6:45-8:45pm *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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