



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)



"If I had a kid I would send them to Gold Medal Gymnastics."

-Nastia Liukin

2008 Olympic Gold Medalist

**47 Years of Excellence!**  
 "Home of the 2020 USAG National T.O.P.S. Champion"



*"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
- ★ COVID-19 Compliant



*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](http://www.GMGC.com)



*"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)



## EXCLUSIVE PROGRAMS!

### NEW GYM & LEARN

**Fun, Safe, Sanitary and Convenient!**

Now there is a way to combine gym class with socially distant learning: In the Gym or at your Home! It's your choice! First the children will be given a 90 minute gymnastics or Ninja class and then one of our Certified Teaching Assistants will help your child with their homework. You can choose to do Both in the Gym or Both at your Home! Grades K-6. Half Day or Full Day options available. Visit website or call for more details.



### NEW 1-ON-1 Classes

Exclusive One-on-One Gymnastics or Ninja Classes are held at Gold Medal Gymnastics Center. Let your child enjoy a custom made class designed specifically for their ability. Students will have a private instructor do all of their favorite events and give them as many turns as they want! Coaches will pick specific drills and exercises the student needs or wants to achieve their goals.



### NEW Mini Groups

Exclusive Mini Groups at Gold Medal Gymnastics Center. Imagine having your own teacher for just you and your friend(s)? Now you can schedule your own class, choose who takes the class with you, and the group can choose what skills and events they want to focus on. The teacher will customize a lesson plan suitable to the entire group and geared to help each student reach their goals. (Max 4 students)

### NEW Backyard Camp

Exclusive Backyard Camps bring Camp to your house! Our skilled and spirited GMGC Certified Instructors and Lifeguards will show your kids an amazing time at whatever house you choose! Up to 10 friends can enjoy a private day of camp with people you know and trust, while you watch them have the time of their life! Activities include: Tumbling, Obstacle Course, Water Games, Fun Activities and Sports.



### NEW Gym Virtual



Gold Medal Gymnastics Presents: GYM VIRTUAL – Virtual Online Zoom Gymnastics Classes for kids! Kids are flipping out about it! Time to get our students off the couch and back onto their hands! Bring the instructor to you in our new online virtual classes. Our certified professional staff will train your child via ZOOM with a class designed specifically for a home environment. Teachers will provide feedback, form corrections, and positive praise to help motivate each and every child in the class. Lesson plans are geared toward safe, in-home drills and exercises that the student can do by themselves safely. No equipment needed, just a soft carpet, lawn, or yoga mat will do. Classes will aim to build strength and flexibility through specific movements, getting them closer to the skills they want to achieve in the gym. Virtual classes can be an added compliment to a gym class or can be a way to train from home have fun, and stay in shape when returning to the gym is possible again! Visit website for more details! **\*Only available when gym has to be temporarily closed for any reason.**





# 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.*

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# Birthday Parties



PARTIES ARE BACK!

## GOLD MEDAL GYMNASTICS CENTER BIRTHDAY PARTIES

FUN, SAFE, SANITARY CELEBRATIONS!

KIDS PARTY  
MASK-FREE!  
(REQUIRED FOR STAFF & PARENTS ONLY)

### GYMNASTICS PARTY

Our trained, professional staff, will lead the children through gymnastics activities & instruction, including:

Obstacle Courses    Group Games  
Trampolines            Inflatables & more...!

SPECIAL SURPRISE FOR THE BIRTHDAY CHILD!

### ★ PACKAGES ★

**OPTION 1:** 1 hour in gym, 1/2 hour in party area for food & cake!

**OPTION 2:** 1 hour & 15 minutes in gym, cupcake or treat to go!

**Ages 3-5 years** - \$430

**Ages 6 & up** - \$385

12 kids included, **birthday child free**

### ★ BOOKING ★

**NEW CONVENIENT ONLINE BOOKING!** We recommend **booking 2 months in advance** to secure your spot. Parties are usually held on Sundays during the school year and Saturdays during the summer.

- LARGE, SPACIOUS INDOOR SPACE
- AIR PURIFICATION
- ONE PARTY AT A TIME
- DROP OFF ENCOURAGED
- SOCIAL DISTANCING ACTIVITIES
- FULLY SANITIZED BETWEEN PARTIES
- BRING YOUR OWN FOOD & BEVERAGES

### NINJA PARTY

Our trained Ninja staff will teach basic Ninja skills utilizing our state-of-the-art equipment, including:

Obstacle Courses    Rock Climbing  
Warp Wall                And more...!

SPECIAL SURPRISE FOR THE BIRTHDAY NINJA!

NEW!  
CONVENIENT  
ONLINE  
BOOKING!

**BOOK TODAY!**  
**GMGC.COM**

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# Annual Family Expo

(End of School Year)

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 its 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.

**Members & Non Members**  
**\$15 for 90 minutes**



# Advanced Programs

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

## Accelerated Class Girls & Boys Ages 6-15yrs

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.



# 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 & PRE TEAM Ages 5-9yrs

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. \$60 max per family (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 - All Ninja makeups except Little 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 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

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# Summer Programs

**NEW!**  
**Backyard**  
**Camp!**

See exclusive  
page for details

## Gymnastics Camp

**Ages 3-12yrs**  
5 Days a Week  
FUN Theme Weeks  
90 Minutes  
Gymnastics Class  
Snack Time

## NINJA Camp

**Ages 3-12yrs**  
5 Days a Week  
FUN Theme Weeks  
90 Minutes  
Gymnastics Class  
Snack Time

## Summer Camp

9:30am-12:30pm



## 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!



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# 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.



BETTER ATHLETES  
BETTER PEOPLE



## USAIGCE 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.*



## 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





## Ninjas Babies

Ages Walking-3yrs (with parents)

Training starts once they can walk! Your child will experience dynamic obstacle courses that will help with their balance, agility, and confidence. They will also gain strength by using the bars and learning basic tumbling skills such as rolling. Your child will also learn socialization, how to take turns and follow basic instructions with our high energy coaches. Watch your child develop strong motor skills that will get them ready for their next level of Ninja training. Don't worry, your little one will also get a chance to crawl up our 7ft warp wall!  
(60 minute class)

## Little Ninja

Ages 3-5yrs

Our Little Ninja program is the introduction to our Gold Medal Ninja Curriculum. Your child will learn the basics of the five components to become a future ninja warrior. The five components include flips, bar skills, parkour, martial arts and strength. In addition to learning their basic skills they will also learn the importance of how to focus. Our coaches will teach your child how to be patient and encourage each other in a positive way. Your child will gain confidence when they attempt obstacle courses that focus on balance and agility and will gain strength using the bars and our ninja rig! Little Ninjas will work on a 3 level System. Bronze, Silver and Gold Medals, each needing 9 skills in each group to obtain in order to move up!  
(60 minute class)

## Ninja Kid

Ages 6yrs and up

Take your training to the next level and get ready to become a future ninja warrior. With Gold Medal Ninja your child will learn five components of what it takes to build a ninja warrior athlete. Your child will learn flips, bar skills, parkour, martial arts and strength. These five pieces will give your child not only the strength and body awareness but the confidence to be the best ninja warrior they could be. The ninjas will also test their skills on our rock wall, ninja rig, and warp wall. Watch your child level up at their own pace with our new band system as they continue to learn more challenging skills, get faster, build strength and eventually reach the top of our 12 foot warp wall!

Ninja kids will work on a Color Level System.

- ✦ *White, Yellow & Orange will be the Beginner Level.*
- ✦ *Purple, Blue & Green will be the Intermediate Level.*
- ✦ *Brown, Red & Black will be the Advanced Level.*

There will be monthly Testing for Ninjas.

New Gold Medal Ninja Uniforms Coming Soon!  
(60 minute class)

**AWAKEN YOUR INNER NINJA!  
HIGH ENERGY CLASSES TRANSFORMING  
KIDS INTO HIGH ENERGY NINJAS**



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## Warrior Tumbling Class

Ages 12yrs and 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.**  
(60 minute class)

## Ultimate Ninja Challenge

A Special Event in a COMPETITIVE FORMAT:

Enrolled Ninjas put their skills to the test in the Ultimate Ninja Challenge. Ninjas will race against the clock on a dynamic ninja warrior style course testing their agility, strength and speed. The ninjas compete against others and themselves in this unforgettable experience!

## Ninja Parties

Ages 3-11yrs



Gold Medal Ninja 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. Our Ninja parties are guaranteed to tire children out! A great option for birthday celebrations and other occasions.

To schedule your Ninja party, book online or contact our office today!



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

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.

**\*Ninja shirt is required for every class.**



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