

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**

Schedule of Classes

Smithtown Gym 2024/25 Fall Schedule

*Evaluation Required Note: Schedule is subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30am (walking-3yrs) Ninja Babies 45min	9:30am (walking-3yrs) Bronze Babies 45min	9:30am (walking-3yrs) Ninja Babies 45min	10:30am (walking-3yrs) Ninja Babies 45min	11:30am (walking-3yrs) Bronze Babies 45min	8:30am (walking-3yrs) Bronze Babies 45min
11:30am (walking-3yrs) Bronze Babies 45min	5:30pm (walking-3yrs) Bronze Babies 45min	10:30am (walking-3yrs) Bronze Babies 45min	11:30am (walking-3yrs) Bronze Babies 45min	5:30pm (walking-3yrs) Bronze Babies 45min	8:30am (walking-3yrs) Ninja Babies 45min
9:30am (3-4yrs) Silver Stars 55min	5:30pm (walking-3yrs) Ninja Babies 45min	3:30pm (walking-3yrs) Ninja Babies 45min	4:30pm (walking-3yrs) Bronze Babies 45min	9:30am (3-4yrs) Silver Stars 55min	9:30am (walking-3yrs) Bronze Babies 45min
3:30pm (3-4yrs) Silver Stars 55min	10:30am (3-4yrs) Silver Stars 55min	11:30am (3-4yrs) Silver Stars 55min	9:30am (3-4yrs) Silver Stars 55min	10:30am (3-4yrs) Silver Stars 55min	10:30am (walking-3yrs) Bronze Babies 45min
4:00pm (5yrs) Intro to Rec 60min	11:30am (3-4yrs) Silver Stars 55min	3:30pm (3-4yrs) Silver Stars 55min	3:30pm (3-4yrs) Silver Stars 55min	3:30pm (3-4yrs) Silver Stars 55min	11:30am (walking-3yrs) Bronze Babies 45min
4:30pm (3-4yrs) Silver Stars 55min	3:30pm (3-4yrs) Silver Stars 55min	4:00pm (5yrs) Intro to Rec 60min	4:30pm (3-4yrs) Silver Stars	4:30pm (5yrs) Intro to Rec 60min	9:30am (3-4yrs) Silver Stars 55min
5:00pm (5yrs) Intro to Rec 60min	4:30pm (5yrs) Intro to Rec 60min	4:30pm (3-4yrs) Silver Stars 55min	4:30pm (5yrs) Intro to Rec 60min	4:30pm (3-4yrs) Silver Stars 55min	10:30am (3-4yrs) Silver Stars 55min
5:30pm (3-4yrs) Silver Stars 55min	4:30pm (3-4yrs) Silver Stars 55min	5:00pm (5yrs) Intro to Rec 60min	5:30pm (5yrs) Intro to Rec 60min	5:30pm (5yrs) Intro to Rec 60min	10:30am (5yrs) Intro to Rec 60min
4:30pm (4-6yrs) *Super Silvers 90min	5:30pm (5yrs) Intro to Rec 60min	5:30pm (3-4yrs) Silver Stars 55min	5:30pm (3-4yrs) Silver Stars 55min	5:30pm (3-4yrs) Silver Stars 55min	11:30am (3-4yrs) Silver Stars 55min
4:20pm (6-9yrs) Girls Gymnastics 90min	4:00pm (4-6yrs) *Super Silvers 90min	4:30pm (4-6yrs) *Super Silvers 90min	4:00pm (4-6yrs) *Super Silvers 90min		11:30am (5yrs) Intro to Rec 60min
6:00pm (6-9yrs) Girls Gymnastics 90min	4:20pm (6-9yrs) Girls Gymnastics 90min	4:20pm (6-9yrs) Girls Gymnastics 90min	4:20pm (6-9yrs) Girls Gymnastics 90min		12:30pm (5yrs) Intro to Rec 60min
5:00pm (6yrs+) Dancenastics 60min	6:00pm (6-9yrs) Girls Gymnastics 90min	6:00pm (6-9yrs) Girls Gymnastics 90min	6:00pm (6-9yrs) Girls Gymnastics 90min	4:20pm (6-9yrs) Girls Gymnastics 90min	12:30pm (3-4yrs) Silver Stars 55min
6:00pm (6yrs+) Dancenastics 60min	6:00pm (10yrs+) Girls Gymnastics 90min	6:00pm (10yrs+) Girls Gymnastics 90min	6:00pm (10yrs+) Girls Gymnastics 90min	6:00pm (6-9yrs) Girls Gymnastics 90min	12:00pm (4-6yrs) *Super Silvers 90min
6:00pm (6yrs+) Beginner Flipping Class 60min	6:00pm (6yrs+) Dancenastics 60min	6:00pm (6yrs+) Dancenastics 60min		6:00pm (6yrs+) Dancenastics 60min	10:15am (6-9yrs) Girls Gymnastics 90min
7:00pm (6yrs+) Beginner Flipping Class 60min	7:30pm (6yrs+) *Advanced Flipping Class 60min	7:00pm (6yrs+) Beginner Flipping Class 60min		6:30pm (6yrs+) Beginner Flipping Class 60min	12:00pm (10yrs+) Girls Gymnastics 90min
5:00pm (9yrs+) *Accelerated Class 2hours	5:00pm (6-8yrs) *Accelerated Class 2hours	5:00pm (6-8yrs) *Accelerated Class 2hours	5:00pm (6-8yrs) *Accelerated Class 2hours		12:00pm (6-9yrs) Girls Gymnastics 90min
7:00pm (9yrs+) *Accelerated Class 2hours	7:00pm (9yrs+) *Accelerated Class 2hours	7:00pm (9yrs+) *Accelerated Class 2hours	7:00pm (9yrs+) *Accelerated Class 2hours	4:30pm (6-8yrs) *Accelerated Class 2hours	10:00am (6-8yrs) *Accelerated Class 2hours
					12:00pm (9yrs+) *Accelerated Class 2hours



ADVANCED GROUP COLORS

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

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



*Evaluation Required

Schedule of Ninja Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30am (walking-3yrs) Ninja Babies 45min	5:30pm (walking-3yrs) Ninja Babies 45min	9:30am (walking-3yrs) Ninja Babies 45min	10:30am (walking-3yrs) Ninja Babies 45min	12:30pm (3-5yrs) Little Ninja 60min	9:30am (walking-3yrs) Ninja Babies 45min
4:00pm (3-5yrs) Little Ninja 60min	4:00pm (3-5yrs) Little Ninja 60min	11:30am (3-5yrs) Little Ninja 60min	4:00pm (3-5yrs) Little Ninja 60min	4:00pm (3-5yrs) Little Ninja 60min	11:00am (3-5yrs) Little Ninja 60min
5:00pm (Evaluation Req.) Advanced Ninja Kids 60min	4:00pm (6-8yrs) Ninja Kids 60min	3:30pm (walking-3yrs) Ninja Babies 45min	4:00pm (6-8yrs) Ninja Kids 60min	5:00pm (6-8yrs) Ninja Kids 60min	12:00pm (3-5yrs) Little Ninja 60min
5:00pm (6-8yrs) Ninja Kids 60min	5:00pm (3-5yrs) Little Ninja 60min	4:00pm (3-5yrs) Little Ninja 60min	5:00pm (6-8yrs) Ninja Kids 60min	5:00pm (3-5yrs) Little Ninja 60min	12:00pm (6-8yrs) Ninja Kids 60min
6:00pm (3-5yrs) Little Ninja 60min	5:00pm (6yrs+) Ninja Kids 60min	5:00pm (6-8yrs) Ninja Kids 60min	5:00pm (3-5yrs) Little Ninja 60min	6:00pm (Evaluation Req.) Advanced Ninja Kids 60min	1:00pm (3-5yrs) Little Ninja 60min
6:00pm (9yrs+) Ninja Kids 60min		5:00pm (3-5yrs) Little Ninja 60min	6:30pm (6yrs+) Ninja Kids 60min	6:00pm (Evaluation Req.) Ninja Team 60min	1:30pm (Evaluation Req.) Advanced Ninja Kids 60min
		6:00pm (6-8yrs) Ninja Kids 60min			1:30pm (Evaluation Req.) Ninja Team 60min
		6:00pm (3-5yrs) Little Ninja 60min			
		7:00pm (Evaluation Req.) Advanced Ninja Kids 60min			

Schedule of Developmental Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30pm (4-6yrs) *Super Silvers 90min	4:00pm (4-6yrs) *Super Silvers 90min	4:30pm (4-6yrs) *Super Silvers 90min	4:00pm (4-6yrs) *Super Silvers 90min		12:00pm (4-6yrs) *Super Silvers 90min
4:15pm (5-7yrs) *Gold Medalists (Mon/Wed) 2hrs	5:30pm (5-7yrs) *Gold Medalists (Tue/Thu) 2hrs	4:15pm (5-7yrs) *Gold Medalists (Mon/Wed) 2hrs	5:30pm (5-7yrs) *Gold Medalists (Tue/Thu) 2hrs		9:30am (Mon/Sat) *Club Team-Juniors 2hrs/2X a week
7:00pm (Mon/Sat) *Club Team (Seniors) 2hrs/2X a week		7:00pm (Wed/Sat) *Club Team-Juniors 2hrs/2X a week			12:00pm (Wed/Sat) *Club Team-Juniors 2hrs/2X a week

USAG & IGC Competitive Team Programs

Email our office for details at smithtown@gmgc.com

Note: Schedule is subject to change

Sign up online at www.gmgc.com

253 West Main Street, Smithtown, NY 11787 - Tel(631)366-GOLD (4653)