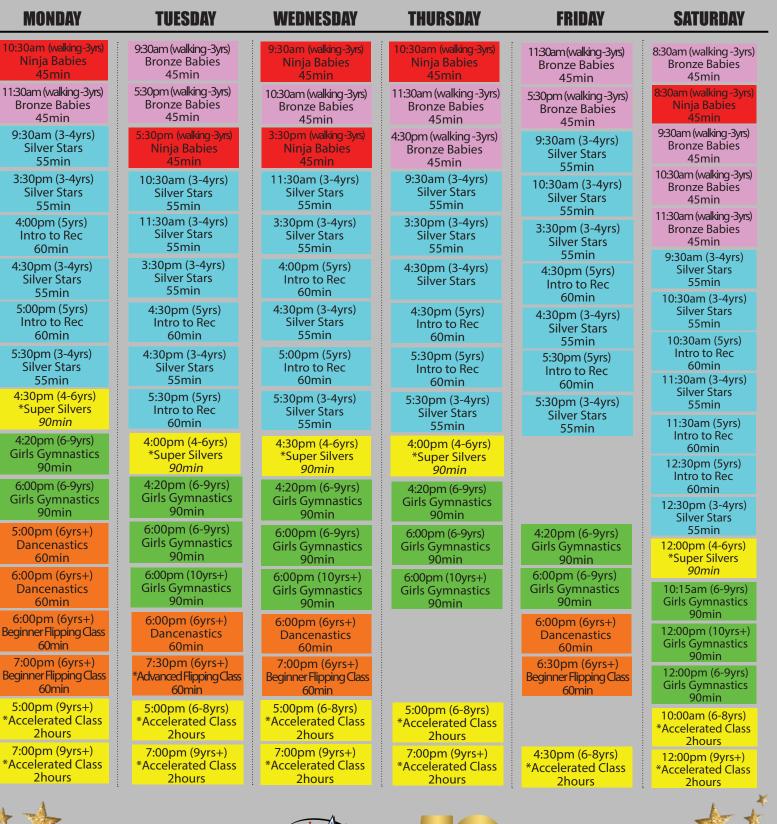
## **BEGINNER & INTERMEDIATE GROUP COLORS**

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

\*Evaluation Required

Note: Schedule is subject to change.



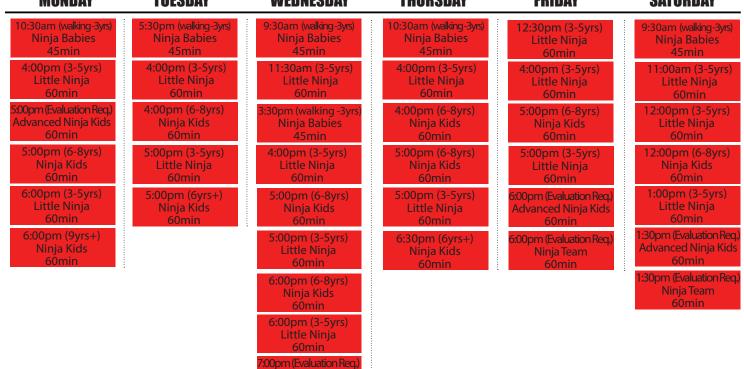
Schedule of Classes

Smithtown Gym 2024/25 Fall Schedule









## Schedule of Developmental Classes

Advanced Ninja Kids

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30pm (4-6yrs) *Super Silvers <i>90min</i>	4:00pm (4-6yrs) *Super Silvers 90min	4:30pm (4-6yrs) *Super Silvers <i>90min</i>	4:00pm (4-6yrs) *Super Silvers 90min		12:00pm (4-6yrs) *Super Silvers <i>90min</i>
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		
7:00pm (Mon/Sat) *ClubTeam (Seniors) 2hrs/2X a week		7:00pm (Wed/Sat) *Club Team-Juniors 2hrs/2X a week			9:30am (Mon/Sat) *Club Team-Junior 2hrs/2X a week
					12:00pm (Wed/Sat *Club Team-Junior

**USAG & IGC Competitive Team Programs** 

2hrs/2X a week

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)