

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

Short Hills, NJ Gym
2024/25 Fall Schedule

*Evaluation Required

Note: Schedule is subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30am (walking - 3yrs) Bronze Babies 45min	**9:30am (3mos-12mos) Little Explorers 45min	**9:30am (walking - 3yrs) Bronze Babies 45min	**9:30am (walking - 3yrs) Bronze Babies 45min	**9:30am (3mos-12mos) Little Explorers 45min	**8:15am (walking - 3yrs) Bronze Babies 45min
**10:30am (walking - 3yrs) Bronze Babies 45min	10:30am (walking - 3yrs) Bronze Babies 45min	**10:30am (walking - 3yrs) Bronze Babies 45min	**10:30am (walking - 3yrs) Bronze Babies 45min	**10:30am (walking - 3yrs) Bronze Babies 45min	**9:00am (walking - 3yrs) Bronze Babies 45min
**11:30am (walking - 3yrs) Bronze Babies 45min	**3:30pm (walking - 3yrs) Bronze Babies 45min	**3:30pm (walking - 3yrs) Bronze Babies 45min	**3:30pm (walking - 3yrs) Bronze Babies 45min	**3:30pm (walking - 3yrs) Bronze Babies 45min	**10:00am (walking - 3yrs) Bronze Babies 45min
**4:30pm (walking - 3yrs) Bronze Babies 45min	**5:30pm (walking - 3yrs) Bronze Babies 45min	**5:30pm (walking - 3yrs) Bronze Babies 45min	**4:30pm (walking - 3yrs) Bronze Babies 45min	**4:30pm (walking - 3yrs) Bronze Babies 45min	**11:00am (walking - 3yrs) Bronze Babies 45min
**5:30pm (walking - 3yrs) Bronze Babies 45min	**9:30am (3-4yrs) Silver Stars 55min	**9:30am (3-4yrs) Silver Stars 55min	**5:30pm (walking - 3yrs) Bronze Babies 45min	**9:30am (3-4yrs) Silver Stars 55min	**9:00am (3-4yrs) Silver Stars 55min
**9:30am (3-4yrs) Silver Stars 55min	11:30am (3-4yrs) Silver Stars 55min	**10:30am (3-4yrs) Silver Stars 55min	**9:30am (3-4yrs) Silver Stars 55min	**10:30am (3-4yrs) Silver Stars 55min	**9:00am (5yrs) Intro to Rec 60min
**10:30am (3-4yrs) Silver Stars 55min	1:00pm (5yrs) Intro to Rec 60min	11:30am (3-4yrs) Silver Stars 55min	**10:30pm (3-4yrs) Silver Stars 55min	11:30am (3-4yrs) Silver Stars 55min	**10:00am (3-4yrs) Silver Stars 55min
**11:30am (3-4yrs) Silver Stars 55min	**3:30pm (3-4yrs) Silver Stars 55min	**3:30pm (3-4yrs) Silver Stars 55min	11:30am (3-4yrs) Silver Stars 55min	**3:30pm (3-4yrs) Silver Stars 55min	10:00am (5yrs) Intro to Rec 60min
1:00pm (5yrs) Intro to Rec 60min	3:30pm (5yrs) Intro to Rec 60min	3:30pm (5yrs) Intro to Rec 60min	1:00pm (5yrs) Intro to Rec 60min	3:30pm (5yrs) Intro to Rec 60min	**11:00am (3-4yrs) Silver Stars 55min
3:30pm (5yrs) Intro to Rec 60min	4:30pm (3-4yrs) Silver Stars 55min	4:30pm (3-4yrs) Silver Stars 55min	3:30pm (5yrs) Intro to Rec 60min	**4:30pm (3-4yrs) Silver Stars 55min	11:00am (5yrs) Intro to Rec 60min
3:30pm (3-4yrs) Silver Stars 55min	**5:30pm (3-4yrs) Silver Stars 55min	4:30pm (5yrs) Intro to Rec 60min	3:30pm (3-4yrs) Silver Stars 55min	4:30pm (5yrs) Intro to Rec 60min	9:00am (4-5yrs) *Super Silvers 90min
**4:30pm (3-4yrs) Silver Stars 55min	5:30pm (5yrs) Intro to Rec 60min	**5:30pm (3-4yrs) Silver Stars 55min	**4:30pm (3-4yrs) Silver Stars 55min	3:30pm (6-10yrs) Girls Gymnastics 90min	9:00am (6-10yrs) Girls Gymnastics 90min
**5:30pm (3-4yrs) Silver Stars 55min	4:00pm (4-5yrs) *Super Silvers 90min	5:30pm (5yrs) Intro to Rec 60min	**5:30pm (3-4yrs) Silver Stars 55min	5:15pm (6yrs+) Boys Flipping 60min	10:45am (6-10yrs) Girls Gymnastics 90min
5:30pm (5yrs) Intro to Rec 60min	3:30pm (6-10yrs) Girls Gymnastics 90min	3:45pm (6-10yrs) Girls Gymnastics 90min	5:30pm (5yrs) Intro to Rec 60min	5:30pm (6-8yrs) Beginner Flipping Class 60min	10:45am (11yrs+) Girls Gymnastics 90min
3:45pm (6-10yrs) Girls Gymnastics 90min	5:15pm (6-10yrs) Girls Gymnastics 90min	5:15pm (6-10yrs) Girls Gymnastics 90min	4:00pm (5yrs) *Super Silvers 90min	5:30pm (9yrs+) Beginner Flipping Class 60min	8:00am (6yrs+) *Advanced Flipping Class 60min
5:15pm (6-10yrs) Girls Gymnastics 90min	6:45pm (6-10yrs) Girls Gymnastics 90min	5:15pm (11yrs+) Girls Gymnastics 90min	3:30pm (6-10yrs) Girls Gymnastics 90min	5:45pm (6-8yrs) *Accelerated Class 2hours	9:00am (6yrs+) Boys Flipping 60min
5:15pm (6-10yrs) Girls Gymnastics 90min	7:00pm (9yrs+) Boys Flipping 60min	4:00pm (6yrs+) Boys Flipping 60min	5:15pm (6-10yrs) Girls Gymnastics 90min	5:45pm (9yrs+) *Accelerated Class 2hours	12:15pm (6yrs+) Beginner Flipping Class 60min
4:00pm (6-8yrs) Beginner Flipping Class 60min	4:30pm (6-8yrs) Beginner Flipping Class 60min	3:30pm (6-8yrs) Beginner Flipping Class 60min	6:45pm (6-10yrs) Girls Gymnastics 90min	9:00am (6-8yrs) *Accelerated Class 2hours	10:00am (9yrs+) *Accelerated Class 2hours
7:30pm (9yrs+) Beginner Flipping Class 60min	6:30pm (9yrs+) Beginner Flipping Class 60min	6:30pm (9yrs+) Beginner Flipping Class 60min	3:30pm (6-8yrs) Beginner Flipping Class 60min	6:45pm (9yrs+) *Accelerated Class 2hours	
6:45pm (9yrs+) *Accelerated Class 2hours	4:30pm (6-8yrs) *Accelerated Class 2hours	6:45pm (9yrs+) *Accelerated Class 2hours	6:30pm (9yrs+) Beginner Flipping Class 60min		
			6:30pm (9yrs+) Beginner Flipping Class 60min		
			4:30pm (6-8yrs) *Accelerated Class 2hours		
			6:30pm (9yrs+) *Accelerated Class 2hours		



ADVANCED GROUP COLORS

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

**Evaluation Required*

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



Schedule of Ninja Classes

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

Schedule of Developmental Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4:00pm (5yrs) *Super Silvers 90min		4:00pm (5yrs) *Super Silvers 90min		9:00am (4-5yrs) *Super Silvers 90min
	4:00pm (5-6yrs) *Gold Medalists (Tue/Thu) 2hrs	4:00pm (5-6yrs) *Gold Medalists (Optional Day) 2hrs	4:00pm (5-7yrs) *Gold Medalists (Tue/Thu) 2hrs		

USAG & IGC Competitive Team Programs

Email our office for details at shorthills@gmgc.com

Note: Schedule is subject to change

Sign up online at www.gmgc.com

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