

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

Centereach 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 | 10:45am (walking -3yrs) Bronze Babies 45min | 9:30am (3mos-12mos) Little Explorers 45min | 11:45am (walking -3yrs) Bronze Babies 45min | 9:30am (walking -3yrs) Bronze Babies 45min | 8:45am (walking-3yrs) Bronze Babies 45min |
| 10:30am (3-4yrs) Silver Stars 55min | 5:30pm (walking -3yrs) Bronze Babies 45min | 11:45am (walking -3yrs) Bronze Babies 45min | 5:30pm (walking -3yrs) Bronze Babies 45min | 3:15pm (walking -3yrs) Ninja Babies 45min | 9:40am (walking-3yrs) Bronze Babies 45min |
| 11:30am (3-4yrs) Silver Stars 55min | 9:30am (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 | 10:30am (3-4yrs) Silver Stars 55min |
| 3:30pm (3-4yrs) Silver Stars 55min | 11:45am (3-4yrs) Silver Stars 55min | 12:45pm (3-4yrs) Silver Stars 55min | 10:30am (3-4yrs) Silver Stars 55min | 3:30pm (3-4yrs) Silver Stars 55min | 11:30am (3-4yrs) Silver Stars 55min |
| 4:30pm (5yrs) Intro to Rec 60min | 12:45pm (3-4yrs) Silver Stars 55min | 3:30pm (3-4yrs) Silver Stars 55min | 12:45pm (3-4yrs) Silver Stars 55min | 4:30pm (3-4yrs) Silver Stars 55min | 12:30pm (5yrs) Intro to Rec 60min |
| 4:30pm (3-4yrs) Silver Stars 55min | 3:30pm (3-4yrs) Silver Stars 55min | 4:30pm (3-4yrs) Silver Stars 55min | 3:30pm (3-4yrs) Silver Stars 55min | 5:30pm (3-4yrs) Silver Stars 55min | |
| 5:30pm (3-4yrs) Silver Stars 55min | 4:30pm (3-4yrs) Silver Stars | 4:30pm (5yrs) Intro to Rec 60min | 4:30pm (3-4yrs) Silver Stars 55min | | |
| 5:00pm (4-6yrs) *Super Silvers 90min | 4:30pm (5yrs) Intro to Rec 60min | 5:30pm (3-4yrs) Silver Stars 55min | 4:30pm (5yrs) Intro to Rec 60min | | |
| 4:30pm (6-10yrs) Girls Gymnastics 90min | 5:30pm (5yrs) Intro to Rec 60min | 5:30pm (5yrs) Intro to Rec 60min | 5:30pm (5yrs) Intro to Rec 60min | | 8:30am (6-10yrs) Girls Gymnastics 90min |
| 6:15pm (6-10yrs) Girls Gymnastics 90min | 4:30pm (4-6yrs) *Super Silvers 90min | 3:00pm (4-6yrs) *Super Silvers 90min | 4:30pm (4-6yrs) *Super Silvers 90min | 4:30pm (4-6yrs) *Super Silvers 90min | 10:15am (6-10yrs) Girls Gymnastics 90min |
| 5:00pm (6-8yrs) Beginner Flipping Class 60min | 4:30pm (6-10yrs) Girls Gymnastics 90min | 4:30pm (4-6yrs) *Super Silvers 90min | 4:30pm (6-10yrs) Girls Gymnastics 90min | 4:30pm (6-10yrs) Girls Gymnastics 90min | 10:15am (11yrs+) Girls Gymnastics 90min |
| 6:00pm (6-8yrs) Beginner Flipping Class 60min | 4:30pm (11yrs+) Girls Gymnastics 90min | 4:30pm (6-10yrs) Girls Gymnastics 90min | 4:30pm (11yrs+) Girls Gymnastics 90min | 6:15pm (6-10yrs) Girls Gymnastics 90min | 12:00pm (6-10yrs) Girls Gymnastics 90min |
| 8:00pm (9yrs+) Beginner Flipping Class 60min | 6:15pm (6-10yrs) Girls Gymnastics 90min | 6:15pm (6-10yrs) Girls Gymnastics 90min | 6:15pm (6-10yrs) Girls Gymnastics 90min | 5:00pm (6-8yrs) Beginner Flipping Class 60min | 9:00am (9yrs+) Beginner Flipping Class 60min |
| 5:00pm (6-8yrs) *Accelerated Class 2hours | 6:15pm (11yrs+) Girls Gymnastics 90min | 6:00pm (6-8yrs) Beginner Flipping Class 60min | 6:15pm (11yrs+) Girls Gymnastics 90min | 6:00pm (9yrs+) Beginner Flipping Class 60min | 12:00pm (6-8yrs) Beginner Flipping Class 60min |
| 7:00pm (9yrs+) *Accelerated Class 2hours | 4:30pm (6-8yrs) Beginner Flipping Class 60min | 7:00pm (9yrs+) Beginner Flipping Class 60min | 6:30pm (6-8yrs) Beginner Flipping Class 60min | 5:00pm (6-8yrs) *Accelerated Class 2hours | 9:00am (6-8yrs) *Accelerated Class 2hours |
| | 5:30pm (9yrs+) Beginner Flipping Class 60min | 5:00pm (6-8 yrs) *Accelerated Class 2hours | 7:30pm (9yrs+) Beginner Flipping Class 60min | | 11:00am (9yrs+) *Accelerated Class 2hours |
| | 7:30pm (6yrs+) Advanced Flipping Class 60min | 7:00pm (9yrs+) *Accelerated Class 2hours | 5:00pm (6-8yrs) *Accelerated Class 2hours | | |
| | 5:00pm (6-8yrs) *Accelerated Class 2hours | | 7:00pm (9yrs+) *Accelerated Class 2hours | | |
| | 7:00pm (9yrs+) *Accelerated Class 2hours | | | | |



ADVANCED GROUP COLORS

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

*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 |
|--|--|--|--|---|--|
| 4:30pm (3-5yrs) Little Ninja 60min | 4:30pm (3-5yrs) Little Ninja 60min | 4:30pm (3-5yrs) Little Ninja 60min | 4:30pm (3-5yrs) Little Ninja 60min | 3:15pm (walking -3yrs) Ninja Babies 45min | 9:00am (3-5yrs) Little Ninja 60min |
| 4:30pm (6-8yrs) Ninja Kids 60min | 4:30pm (6-8yrs) Ninja Kids 60min | 4:30pm (6-8yrs) Ninja Kids 60min | 4:30pm (9yrs+) Ninja Kids 60min | 4:30pm (3-5yrs) Little Ninja 60min | 9:00am (6-8yrs) Ninja Kids 60min |
| 5:45pm (3-5yrs) Little Ninja 60min | 5:45pm (3-5yrs) Little Ninja 60min | 5:45pm (3-5yrs) Little Ninja 60min | 5:45pm (3-5yrs) Little Ninja 60min | 4:30pm (6-8yrs) Ninja Kids 60min | 11:15am (3-5yrs) Little Ninja 60min |
| 5:45pm (6-8yrs) Ninja Kids 60min | 5:45pm (6-8yrs) Ninja Kids 60min | 5:45pm (6-8yrs) Ninja Kids 60min | 5:45pm (6-8yrs) Ninja Kids 60min | 5:45pm (3-5yrs) Little Ninja 60min | 11:15am (5-8yrs) Ninja Kids 60min |
| 7:00pm (6-8yrs) Ninja Kids 60min | 7:00pm (6-8yrs) Ninja Kids 60min | 7:00pm (6-8yrs) Ninja Kids 60min | 7:00pm (6-8yrs) Ninja Kids 60min | 5:45pm (6-8yrs) Ninja Kids 60min | 12:30pm (walking -3yrs) Ninja Babies 45min |
| 7:00pm (9yrs+) Ninja Kids 60min | 7:00pm (9yrs+) Ninja Kids 60min | 7:00pm (9yrs+) Ninja Kids 60min | 7:00pm (9yrs+) Ninja Kids 60min | 7:00pm (6-8yrs) Ninja Kids 60min | |
| | 8:00pm (Evaluation Req) Ninja Team 60min | | | 7:00pm (9yrs+) Ninja Kids 60min | |
| | | | | 8:00pm (Evaluation Req) Ninja Team 60min | |

Schedule of Developmental Classes

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|--|----------|
| 5:00pm (4-6yrs) *Super Silvers 90min | 4:30pm (4-6yrs) *Super Silvers 90min | 3:00pm (4-6yrs) *Super Silvers 90min | 4:30pm (4-6yrs) *Super Silvers 90min | 4:30pm (4-6yrs) *Super Silvers 90min | |
| 4:30pm (5-7yrs) *Gold Medalists (Mon/Wed) 2hrs | 5:00pm (5-7yrs) *Gold Medalists (Tue/Thu) 2hrs | 4:30pm (4-6yrs) *Super Silvers 90min | 5:00pm (5-7yrs) *Gold Medalists (Tue/Thu) 2hrs | | |
| 7:00pm (Mon/Wed) *Club Team - Seniors 2hrs/2X a week | 7:00pm (Tue/Thu) *Club Team - Juniors 2hrs/2X a week | 4:30pm (5-7yrs) *Gold Medalists (Mon/Wed) 2hrs | 7:00pm (Tue/Thu) *Club Team - Juniors 2hrs/2X a week | | |
| | | 7:00pm (Mon/Wed) *Club Team - Seniors 2hrs/2X a week | | | |

USAG & IGC Competitive Team Programs

Email our office for details at centereach@gmgc.com

Note: Schedule is subject to change

Sign up online at www.gmgc.com

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