BEGINNER & INTERMEDIATE GROUP COLORS

pink 0 - 3yrs old PRE GYM

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
930am (walking-3yrs)	10:45am (walking -3yrs)	9:30am (3mos-12mos)	11:45am (walking-3yrs)	9:30am (walking -3yrs)	8:45am (walking-3yrs)
Bronze Babies	Bronze Babies	Little Explorers	Bronze Babies	Bronze Babies	Bronze Babies
45min	45min	45min	45min	45min	45min
10:30am (3-4yrs)	5:30pm (walking -3yrs)	11:45am (walking-3yrs)	5:30pm (walking -3yrs)	3:15pm (walking -3yrs)	9:40am (walking-3yrs)
Silver Stars	Bronze Babies	Bronze Babies	Bronze Babies	Ninja Babies	Bronze Babies
55min	45min	45min	45min	45min	45min
11:30am (3-4yrs)	9:30am (3-4yrs)	10:30am (3-4yrs)	9:30am (3-4yrs)	10:30am (3-4yrs)	10:30am (3-4yrs)
Silver Stars	Silver Stars	Silver Stars	Silver Stars	Silver Stars	Silver Stars
55min	55min	55min	55min	55min	55min
3:30pm (3-4yrs)	11:45am (3-4yrs)	12:45pm (3-4yrs)	10:30am (3-4yrs)	3:30pm (3-4yrs)	11:30am (3-4yrs)
Silver Stars	Silver Stars	Silver Stars	Silver Stars	Silver Stars	Silver Stars
55min	55min	55min	55min	55min	55min
4:30pm (5yrs)	12:45pm (3-4yrs)	3:30pm (3-4yrs)	12:45pm (3-4yrs)	4:30pm (3-4yrs)	12:30pm (5yrs)
Intro to Rec	Silver Stars	Silver Stars	Silver Stars	Silver Stars	Intro to Rec
60min	55min	55min	55min	55min	60min
4:30pm (3-4yrs)	3:30pm (3-4yrs)	4:30pm (3-4yrs)	3:30pm (3-4yrs)	5:30pm (3-4yrs)	
Silver Stars	Silver Stars	Silver Stars	Silver Stars	Silver Stars	
55min	55min	55min	55min	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)	5:30pm (5yrs)	5:30pm (5yrs)	5:30pm (5yrs)		8:30am (6-10yrs)
Girls Gymnastics	Intro to Rec	Intro to Rec	Intro to Rec		Girls Gymnastics
90min	60min	60min	60min		90min
6:15pm (6-10yrs) Girls Gymnastics 90min	4:30pm (4-6yrs)	3:00pm (4-6yrs)	4:30pm (4-6yrs)	4:30pm (4-6yrs)	10:15am (6-10yrs)
	*Super Silvers	*Super Silvers	*Super Silvers	*Super Silvers	Girls Gymnastics
	90min	90min	90min	<i>90min</i>	90min
5:00pm (6-8yrs)	4:30pm (6-10yrs)	4:30pm (4-6yrs)	4:30pm (6-10yrs)	4:30pm (6-10yrs)	10:15am (11yrs+)
Beginner Flipping Class	Girls Gymnastics	*Super Silvers	Girls Gymnastics	Girls Gymnastics	Girls Gymnastics
60min	90min	90min	90min	90min	90min
6:00pm (6-8yrs)	4:30pm (11yrs +)	4:30pm (6-10yrs)	4:30pm (11yrs+)	6:15pm (6-10yrs)	12:00pm (6-10yrs)
Beginner Flipping Class	Girls Gymnastics	Girls Gymnastics	Girls Gymnastics	Girls Gymnastics	Girls Gymnastics
60min	90min	90min	90min	90min	90min
8:00pm (9yrs+)	6:15pm (6-10yrs)	6:15pm (6-10yrs)	6:15pm (6-10yrs)	5:00pm (6-8yrs)	9:00am (9yrs+)
Beginner Flipping Class	Girls Gymnastics	Girls Gymnastics	Girls Gymnastics	Beginner Flipping Class	Beginner Flipping Class
60min	90min	90min	90min	60min	60min



5:00pm (6-8yrs)

*Accelerated Class

2hours

4:30pm (6-8yrs) 7:00pm (9yrs+) Beginner Flipping Class *Accelerated Class 60min 2hours 5:30pm (9yrs+) Beginner Flipping Class 60min 7:30pm (6yrs+) Advanced Flipping Class 60min 5:00pm (6-8yrs) *Accelerated Class 2hours 7:00pm (9yrs+) *Accelerated Class

6:15pm (11yrs +)

Girls Gymnastics

90min

2hours

6:00pm (6-8yrs) Beginner Flipping Class 60min 7:00pm (9yrs+) Beginner Flipping Class 60min 5:00pm (6-8 yrs) *Accelerated Class 2hours 7:00pm (9yrs+) *Accelerated Class

2hours

90min 6:30pm (6-8yrs) Beginner Flipping Class 60min 7:30pm (9yrs+) Beginner Flipping Class 60min 5:00pm (6-8yrs)

6:15pm (11yrs+)

Girls Gymnastics

*Accelerated Class 2hours 7:00pm (9yrs+)

*Accelerated Class 2hours

12:00pm (6-8yrs) Beginner Flipping Class 60min

9:00am (6-8yrs) *Accelerated Class 2hours

11:00am (9yrs+) *Accelerated Class 2hours



6:00pm (9yrs+)

Beginner Flipping Class

60min

5:00pm (6-8yrs)

*Accelerated Class

2hours



ADVANCED GROUP COLORS *Super Silvers green *Club Local Team

*Gold Medalists

*Mini & Pre Team

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

*Evaluation Required

NINJA



Schedule of Ninja Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30pm (3-5yrs)	4:30pm (3-5yrs)	4:30pm (3-5yrs)	4:30pm (3-5yrs)	3:15pm (walking -3yrs)	9:00am (3-5yrs)
Little Ninja	Little Ninja	Little Ninja	Little Ninja	Ninja Babies	Little Ninja
60min	60min	60min	60min	45min	60min
4:30pm (6-8yrs)	4:30pm (6-8yrs)	4:30pm (6-8yrs)	4:30pm (9yrs+)	4:30pm (3-5yrs)	9:00am (6-8yrs)
Ninja Kids	Ninja Kids	Ninja Kids	Ninja Kids	Little Ninja	Ninja Kids
60min	60min	60min	60min	60min	60min
5:45pm (3-5yrs)	5:45pm (3-5yrs)	5:45pm (3-5yrs)	5:45pm (3-5yrs)	4:30pm (6-8yrs)	11:15am (3-5yrs)
Little Ninja	Little Ninja	Little Ninja	Little Ninja	Ninja Kids	Little Ninja
60min	60min	60min	60min	60min	60min
5:45pm (6-8yrs)	5:45pm (6-8yrs)	5:45pm (6-8yrs)	5:45pm (6-8yrs)	5:45pm (3-5yrs)	11:15am (5-8yrs)
Ninja Kids	Ninja Kids	Ninja Kids	Ninja Kids	Little Ninja	Ninja Kids
60min	60min	60min	60min	60min	60min
7:00pm (6-8yrs)	7:00pm (6-8yrs)	7:00pm (6-8yrs)	7:00pm (6-8yrs)	5:45pm (6-8yrs)	12:30pm (walking -3yrs)
Ninja Kids	Ninja Kids	Ninja Kids	Ninja Kids	Ninja Kids	Ninja Babies
60min	60min	60min	60min	60min	45min
7:00pm (9yrs+)	7:00pm (9yrs+)	7:00pm (9yrs+)	7:00pm (9yrs+)	7:00pm (6-8yrs)	
Ninja Kids	Ninja Kids	Ninja Kids	Ninja Kids	Ninja Kids	
60min	60min	60min	60min	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/Thur) *Club Team - Juniors 2hrs/2X a week	4:30pm (5-7yrs) *Gold Medalists (Mon/Wed) 2hrs	7:00pm (Tue/Thur) *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

