

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

Garden City 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	10:30am (walking -3yrs) Bronze Babies 45min	9:30am (walking -3yrs) Bronze Babies 45min	9:30am (walking -3yrs) Bronze Babies 45min	9:30am (12mos-3yrs) Busy Bees 45min	8:30am (walking -3yrs) Bronze Babies 45min
**5:10pm (walking -3yrs) Bronze Babies 45min	**11:30am (walking -3yrs) Bronze Babies 45min	11:30am (walking -3yrs) Bronze Babies 45min	11:30am (walking -3yrs) Ninja Babies 45min	*10:30am (walking -3yrs) Bronze Babies 45min	**10:35am (walking -3yrs) Bronze Babies 45min
10:30am (3-4yrs) Silver Stars 55min	9:30am (3-4yrs) Silver Stars 55min	10:30am (3-4yrs) Silver Stars 55min	3:30pm (walking -3yrs) Bronze Babies 45min	*10:30am (3-4yrs) Silver Stars 55min	8:30am (5yrs) Intro to Rec 60min
11:40am (3-4yrs) Silver Stars 55min	**11:30am (3-4yrs) Silver Stars 55min	12:30pm (3-4yrs) Silver Stars 55min	**4:30pm (walking -3yrs) Bronze Babies 45min	11:30am (3-4yrs) Silver Stars 55min	9:30am (3-4yrs) Silver Stars 55min
4:00pm (3-4yrs) Silver Stars 55min	4:30pm (3-4yrs) Silver Stars 55min	4:30pm (5yrs) Intro to Rec 60min	10:30am (3-4yrs) Silver Stars 55min	4:30pm (3-4yrs) Silver Stars 55min	**10:35am (3-4yrs) Silver Stars 55min
4:00pm (5yrs) Intro to Rec 60min	5:30pm (3-4yrs) Silver Stars 55min	5:45pm (3-4yrs) Silver Stars 55min	*11:30am (3-4yrs) Silver Stars 55min	5:45pm (5yrs) Intro to Rec 60min	11:40am (3-4yrs) Silver Stars 55min
**5:10pm (3-4yrs) Silver Stars 55min	5:30pm (5yrs) Intro to Rec 60min	5:45pm (5yrs) Intro to Rec 60min	**4:30pm (3-4yrs) Silver Stars 55min		12:00pm (5yrs) Intro to Rec 60min
6:15pm (5yrs) Intro to Rec 60min			4:30pm (5yrs) Intro to Rec 60min		12:45pm (3-4yrs) Silver Stars 55min
5:00pm (4-5yrs) *Super Silvers 90min	4:00pm (4-5yrs) *Super Silvers 90min	4:00pm (4-5yrs) *Super Silvers 90min	5:45pm (5yrs) Intro to Rec 60min		
4:20pm (6-10yrs) Girls Gymnastics 90min	4:20pm (6-10yrs) Girls Gymnastics 90min	4:20pm (6-10yrs) Girls Gymnastics 90min	5:45pm (3-4yrs) Silver Stars 55min	4:20pm (6-10yrs) Girls Gymnastics 90min	8:30am (6-10yrs) Girls Gymnastics 90min
6:00pm (6-10yrs) Girls Gymnastics 90min	6:00pm (6-10yrs) Girls Gymnastics 90min	6:00pm (6-10yrs) Girls Gymnastics 90min	5:30pm (4-5yrs) *Super Silvers 90min	6:00pm (6-10yrs) Girls Gymnastics 90min	10:15am (6-10yrs) Girls Gymnastics 90min
	6:00pm (11yrs+) Girls Gymnastics 90min		4:20pm (6-10yrs) Girls Gymnastics 90min	6:00pm (11yrs+) Girls Gymnastics 90min	12:00pm (6-10yrs) Girls Gymnastics 90min
5:00pm (6yrs+) Advanced Flipping Class 60min	5:00pm (6-8yrs) Beginner Flipping Class 60min		6:00pm (6-10yrs) Girls Gymnastics 90min		
4:00pm (6-9yrs) *Accelerated Class 2hours	6:00pm (9yrs+) Beginner Flipping Class 60min	6:00pm (9yrs+) Beginner Flipping Class 60min	6:00pm (11yrs+) Girls Gymnastics 90min	5:00pm (6-8yrs) Beginner Flipping Class 60min	9:00am (8yrs+) Beginner Flipping Class 60min
6:00pm (6-9yrs) *Accelerated Class 2hours	7:00pm (6yrs+) Advanced Flipping Class 60min	4:00pm (6-9yrs) *Accelerated Class 2hours	5:00pm (6-8yrs) Beginner Flipping Class 60min	6:00pm (6-9yrs) *Accelerated Class 2hours	10:00am (6-9yrs) *Accelerated Class 2hours
7:00pm (9yrs+) *Accelerated Class 2hours		7:00pm (9yrs+) *Accelerated Class 2hours	6:00pm (9yrs+) Beginner Flipping Class 60min	6:00pm (9yrs+) *Accelerated Class 2hours	10:00am (9yrs+) *Accelerated Class 2hours
			7:00pm (9yrs+) *Accelerated Class 2hours		



"Where every child is a Champion!"



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

Schedule of Developmental Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00pm (4-5yrs) *Super Silvers 90min	4:00pm (4-5yrs) *Super Silvers 90min	4:00pm (4-5yrs) *Super Silvers 90min	5:30pm (4-5yrs) *Super Silvers 90min		
4:00pm (5-7yrs) *Gold Medalists (Mon/Wed) 2hrs	6:00pm (5-7yrs) *Gold Medalists (Tue/Thu) 2hrs	4:00pm (5-7yrs) *Gold Medalists (Mon/Wed) 2hrs	6:00pm (5-7yrs) *Gold Medalists (Tue/Thu) 2hrs		
6:00pm *Club Team 2hrs/2X a week		6:00pm *Club Team 2hrs/2X a week		4:00pm *Club Team Optional 3rd Day	12:30pm *Club Team 2hrs/2X a week

USAG & IGC Competitive Team Programs

Email our office for details at gardencity@gmgc.com

Note: Schedule is subject to change

Sign up online at www.gmgc.com

1100 Stewart Avenue, Garden City, NY 11530 - Tel(516)357-3636

