

### BEGINNER & INTERMEDIATE GROUP COLORS

<b>pink</b>	<b>0 - 3yrs old PRE GYM</b>	<b>yellow</b>	<b>4 - 18yrs old ADVANCED</b>
<b>blue</b>	<b>3 - 6yrs old PRE GYM</b>	<b>orange</b>	<b>6 - 18yrs old TUMBLING</b>
<b>green</b>	<b>6 - 18yrs old</b>	<b>red</b>	<b>3 - 11yrs old NINJA</b>

# Schedule of Classes

## Rocky Point 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 (walking-3yrs) Bronze Babies 45min	10:45am (walking-3yrs) Bronze Babies 45min	9:30am (walking-3yrs) Bronze Babies 45min	9:30am (walking-3yrs) Bronze Babies 45min	8:30am (walking-3yrs) Bronze Babies 45min
10:30am (walking-3yrs) Bronze Babies 45min	11:45am (walking-3yrs) Bronze Babies 45min	11:45am (walking-3yrs) Baby Ninja 45min	10:30am (walking-3yrs) Baby Ninja 45min	10:30am (walking-3yrs) Baby Ninja 45min	1:00pm (walking-3yrs) Bronze Babies 45min
6:00pm (walking-3yrs) Baby Ninja 45min	5:15pm (walking-3yrs) Baby Ninja 45min	9:30am (3-4yrs) Silver Stars 55min	11:30am (3-4yrs) Silver Stars 55min	11:30am (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	11:45am (5yrs) Intro to Rec 60min	3:30pm (3-4yrs) Silver Stars 55min	12:30pm (3-4yrs) Silver Stars 55min	10:30am (5yrs) Intro to Rec 60min
4:45pm (3-4yrs) Silver Stars 55min	3:30pm (3-4yrs) Silver Stars 55min	4:45pm (3-4yrs) Silver Stars 55min	4:30pm (3-4yrs) Silver Stars 55min	3:30pm (3-4yrs) Silver Stars 55min	10:30am (3-4yrs) Silver Stars 55min
5:45pm (5yrs) Intro to Rec 60min	4:45pm (5yrs) Intro to Rec 60min	5:45pm (5yrs) Intro to Rec 60min	5:00pm (5yrs) Intro to Rec 60min		11:45am (3-4yrs) Silver Stars 55min
6:45pm (3-4yrs) Silver Stars 55min	6:00pm (3-4yrs) Silver Stars 55min		12:30pm (4-6yrs) *Super Silvers 90min		10:15am (6-10yrs) Girls Gymnastics 90min
6:45pm (5yrs) Intro to Rec 60min		3:30pm (4-6yrs) *Super Silvers 90min	3:30pm (4-6yrs) *Super Silvers 90min		12:00pm (6-10yrs) Girls Gymnastics 90min
4:30pm (4-6yrs) *Super Silvers 90min	4:00pm (4-6yrs) *Super Silvers 90min	4:30pm (11yrs+) Girls Gymnastics 90min	4:30pm (6-10yrs) Girls Gymnastics 90min	4:30pm (6-10yrs) Girls Gymnastics 90min	10:00am (6yrs+) Beginner Flipping Class 60min
4:30pm (6-10yrs) Girls Gymnastics 90min	5:00pm (6-10yrs) Girls Gymnastics 90min	4:30pm (6-10yrs) Girls Gymnastics 90min	7:00pm (11yrs+) Girls Gymnastics 90min	6:15pm (6-10yrs) Girls Gymnastics 90min	11:15am (6yrs+) Intro to Tumble 60min
6:15pm (6-10yrs) Girls Gymnastics 90min	6:45pm (6-10yrs) Girls Gymnastics 90min	6:15pm (6-10yrs) Girls Gymnastics 90min	3:30pm (6yrs+) Beginner Flipping Class 60min	3:30pm (6yrs+) Beginner Flipping Class 60min	12:15pm (6yrs+) Beginner Cheer 60min
7:00pm (11yrs+) Girls Gymnastics 90min	7:00pm (4-7yrs) Intro to Tumbling 60min	7:00pm (4-7yrs) Intro to Tumbling 60min	6:00pm (6yrs+) Beginner Flipping Class 60min		1:30pm (6yrs+) Intermediate Cheer 60min
4:15pm (6yrs+) Advanced Flipping Class 60min	7:00pm (6yrs+) Beginner Flipping Class 60min	7:00pm (6yrs+) Beginner Flipping Class 60min	7:15pm (6yrs+) Dancenastics 60min		
5:30pm (4-7yrs) Intro to Tumbling 60min	4:30pm (6-8yrs) *Little Accelerated Class 2hours	5:00pm (6-8yrs) *Little Accelerated Class 2hours	4:30pm (6-8yrs) *Little Accelerated Class 2hours	6:30pm (All Ages) *Accelerated Class 2hours	12:00pm (6-8yrs) *Accelerated Class 2hours
6:45pm (6yrs+) Beginner Flipping Class 60min	6:45pm (9yrs+) *Accelerated Class 2hours		6:45pm (9yrs+) *Accelerated Class 2hours		



### ADVANCED GROUP COLORS

<b>yellow</b>	<b>*Super Silvers</b>	<b>green</b>	<b>*Club Local Team</b>
<b>purple</b>	<b>*Gold Medalists</b>	<b>red</b>	<b>NINJA</b>
<b>pink</b>	<b>*Mini &amp; Pre Team</b>		

*\*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 Ninjas 60min	11:30am (3-5yrs) Little Ninjas 60min	11:45am (walking - 3yrs) Baby Ninja 45min	10:30am (walking - 3yrs) Baby Ninja 45min	10:30am (walking - 3yrs) Baby Ninja 45min	11:15am (3-5yrs) Little Ninja 60min
4:45pm (6-8yrs) Ninja Kids 60min	4:15pm (3-5yrs) Little Ninjas 60min	3:30pm (3-5yrs) Little Ninja 60min	3:30pm (3-5yrs) Little Ninja 60min	3:30pm (3-5yrs) Little Ninja 60min	12:30pm (9yrs+) Ninja Kids 60min
6:00pm (6-8yrs) Ninja Kids 60min	5:15pm (walking - 3yrs) Baby Ninja 45min	4:45pm (6-8yrs) Ninja Kids 60min	4:45pm (6-8yrs) Ninja Kids 60min	4:45pm (3-5yrs) Little Ninja 60min	12:30pm (6-8yrs) Ninja Kids 60min
7:15pm (9yrs+) Ninja Kids 60min	5:30pm (6-8yrs) Ninja Kids 60min	6:00pm (3-5yrs) Little Ninja 60min	6:00pm (3-5yrs) Little Ninja 60min	6:00pm (6-8yrs) Ninja Kids 60min	1:45pm (6-8yrs) Ninja Kids 60min
7:15pm (8yrs+) Ninja Team 60min	6:45pm (6-8yrs) Ninja Kids 60min	7:00pm (9yrs+) Advanced Ninja 60min	7:15pm (9yrs+) Ninja Kids 60min	7:15pm (9yrs+) Ninja Kids 60min	
6:00pm (walking - 3yrs) Baby Ninja 45min	6:45pm (3-5yrs) Little Ninja 60min	7:00pm (8yrs+) Ninja Team 60min			

## Schedule of Developmental Classes

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

## USAG & IGC Competitive Team Programs

Email our office for details at [rockypoint@gmgc.com](mailto:rockypoint@gmgc.com)

Note: Schedule is subject to change

Sign up online at [www.gmgc.com](http://www.gmgc.com)

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