BEGINNER & INTERMEDIATE GROUP COLORS

pink 0 - 3yrs old PRE GYM

yellow 4 - 18yrs old ADVANCED

blue

3 - 6yrs old PRE GYM

range 6 - 18yrs old TUMBLING

green 6 -

green 6 - 18yrs old

red 3 - 11yrs old NINJA

*Evaluation Required

MONDAY

Note: Schedule is subject to change.

Schedule of Classes

Short Hills, NJ Gym 2024/25 Fall Schedule

0.20 and hardling 2000
9:30am (walking - 3yrs)
Bronze Babies
DI OTIZE DADIES

- 45min **1030am(walking-3yrs) Bronze Babies 45min
- **11:30am(walking-3yrs) Bronze Babies 45min
- **4:30pm (walking 3yrs) Bronze Babies 45 min **5:30pm (walking - 3yrs)
- Bronze Babies 45min **9:30am (3-4yrs)
- Silver Stars 55min
- **10:30am (3-4yrs) Silver Stars 55min
- **11:30am (3-4yrs) Silver Stars 55min
- 1:00pm (5yrs) Intro to Rec 60min
- 3:30pm (5yrs) Intro to Rec 60min
- 3:30pm (3-4yrs) Silver Stars 55min
- **4:30pm (3-4yrs) Silver Stars 55min
- **5:30pm (3-4yrs) Silver Stars 55min
 - 5:30pm (5yrs) Intro to Rec 60min
- 3:45pm (6-10yrs) Girls Gymnastics 90min
- 5:15pm (6-10yrs) Girls Gymnastics 90min
- 4:00pm (6-8yrs) Beginner Flipping Class 60min
- 7:30pm (9yrs+) Beginner Flipping Class 60min
- 6:45pm (9yrs+) *Accelerated Class 2hours

**930am(3mos-12mos) Little Explorers 45min

TUESDAY

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

WEDNESDAY

- **9:30am (walking-3yrs) Bronze Babies 45min
- **10:30am(walking-3yrs) Bronze Babies 45min
- **3:30pm (walking-3yrs) Bronze Babies 45min **5:30pm (walking-3yrs)
- Bronze Babies 45min
- **9:30am (3-4yrs) Silver Stars 55min
- **10:30am (3-4yrs) Silver Stars 55min
- 11:30am (3-4yrs) Silver Stars 55min
- **3:30pm (3-4yrs) Silver Stars 55min
 - 3:30pm (5yrs) Intro to Rec 60min
- 4:30pm (3-4yrs) Silver Stars 55min
- 4:30pm (5yrs) Intro to Rec 60min
- **5:30pm (3-4yrs) Silver Stars 55min
 - 5:30pm (5yrs) Intro to Rec 60min
- 3:45pm (6-10yrs) Girls Gymnastics 90min
- 5:15pm (6-10yrs) Girls Gymnastics 90min
- 5:15pm (11yrs+) Girls Gymnastics 90min
- 4:00pm (6yrs+) Boys Flipping
- 60min 3:30pm (6-8yrs) Beginner Hipping Class
- 6:30pm (9yrs+) Beginner Flipping Class 60min

60min

6:45pm (9yrs+) *Accelerated Class 2hours

**9:30am (walking - 3yrs) Bronze Babies 45min

THURSDAY

- **10:30am (walking -3yrs) Bronze Babies 45min
- **3:30pm(walking-3yrs) Bronze Babies 45min
- **4:30pm(walking-3yrs) Bronze Babies 45min
- **5:30pm(walking-3yrs) Bronze Babies 45min
- **9:30am (3-4yrs) Silver Stars 55min
- **10:30am (3-4yrs) Silver Stars 55min
- 11:30am (3-4yrs) Silver Stars 55min
- 1:00pm (5yrs) Intro to Rec 60min
- 3:30pm (5yrs) Intro to Rec 60min
- 3:30pm (3-4yrs) Silver Stars 55min
- **4:30pm (3-4yrs) Silver Stars 55min
- **5:30pm (3-4yrs) Silver Stars 55min
- 5:30pm (5yrs) Intro to Rec 60min
- 4:00pm (4-5yrs) *Super Silvers 90min
- 3:30pm (6-10yrs) Girls Gymnastics 90min
- 5:15pm (6-10yrs) Girls Gymnastics 90min
- 6:45pm (6-10yrs) Girls Gymnastics 90min
- 3:30pm (6-8yrs) BeginnerFlipping Class 60min
- 6:30pm (9yrs+)
 Beginner Flipping Class
 60min
 4:30pm (6-8yrs)

Accelerated Class

2hours 6:30pm (9yrs+) *Accelerated Class 2hours

**9:30am(3mos-12mos) Little Explorers 45min

FRIDAY

- **10:30am (walking-3yrs) Bronze Babies 45min
- **3:30pm (walking-3yrs) Bronze Babies 45min
- **4:30pm (walking-3yrs) Bronze Babies 45min
- **9:30am (3-4yrs) Silver Stars 55min
- **10:30am (3-4yrs) Silver Stars 55min
- 11:30am (3-4yrs) Silver Stars 55min
- **3:30pm (3-4yrs) Silver Stars 55min
- 3:30pm (5yrs) Intro to Rec 60min
- **4:30pm (3-4yrs) Silver Stars 55min
- 4:30pm (5yrs) Intro to Rec 60min
- 3:30pm (6-10yrs) Girls Gymnastics 90min
- 5:15pm (6yrs+) Boys Flipping 60min
- 5:30pm (6-8yrs) BeginnerFlipping Class 60min
- 5:30pm (9yrs+) BeginnerHipping Class 60min
- 5:45pm (6-8yrs) *Accelerated Class 2hours
- 5:45pm (9yrs+) *Accelerated Class 2hours

**8:15am (walking-3yrs) Bronze Babies 45min

SATURDAY

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







ADVANCED GROUP COLORS

*Super Silvers

purple

*Gold Medalists

*Mini & Pre Team

green *Club Local Team

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)	3:30pm (3-5yrs)	11:00am(walking-3yrs)	10:30am (walking-3yrs)	10:30am (walking-3yrs)	8:30am (3-5yrs)
Little Ninja	Little Ninja	Ninja Babies	Ninja Babies	Ninja Babies	Little Ninja
60min	60min	45min	45min	45min	60min
4:30pm (3-5yrs)	4:30pm (6-8yrs)	12:00pm (3-5yrs)	10:30am (3-5yrs)	11:30am (3-5yrs)	8:30am (6-8yrs)
Little Ninja	Ninja Kids	Little Ninja	Little Ninja	Little Ninja	Ninja Kids
60min	60min	60min	60min	60min	60min
4:30pm (6-8yrs)	4:30pm (3-5yrs)	3:30pm (3-5yrs)	3:30pm (3-5yrs)	12:30pm (3-5yrs)	9:30am (walking-3yrs)
Ninja Kids	Little Ninja	Little Ninja	Little Ninja	Little Ninja	Ninja Babies
60min	60min	60min	60min	60min	45min
5:30pm (6-8yrs)	5:30pm (6-8yrs)	4:30pm (3-5yrs)	4:30pm (3-5yrs)	4:30pm (3-5yrs)	9:30am (3-5yrs)
Ninja Kids	Ninja Kids	Little Ninja	Little Ninja	Little Ninja	Little Ninja
60min	60min	60min	60min	60min	60min
5:30pm (8-11yrs)	6:30pm (6-8yrs)	4:30pm (6-8yrs)	4:30pm (6-8yrs)	4:30pm (6-8yrs)	10:30am (3-5yrs)
Ninja Kids	Ninja Kids	Ninja Kids	Ninja Kids	Ninja Kids	Little Ninja
60min	60min	60min	60min	60min	60min
6:30pm (6-8yrs)	6:30pm (8-11yrs)	5:30pm (6-8yrs)	5:30pm (3-5yrs)	5:30pm (6-8yrs)	11:30am (3-5yrs)
Ninja Kids	Ninja Kids	Ninja Kids	Little Ninja	Ninja Kids	Little Ninja
60min	60min	60min	60min	60min	60min
7:30pm (8-11yrs)		6:30pm (6-8yrs)	5:30pm (6-8yrs)	6:30pm (8-11yrs)	11:30am (6-8yrs)
Ninja Kids		Ninja Kids	Ninja Kids	Ninja Kids	Ninja Kids
60min		60min	60min	60min	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 (4-5yrs) *Super Silvers 90min		4:00pm (4-5yrs) *Super Silvers 90min		9:00am (4-5yrs) *Super Silvers 90min
	4:00pm (5-7yrs) *Gold Medalists (Tue/Thu) 2hrs	4:00pm (5-7yrs) *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



