

## Sessions

### Session #1: September 6<sup>th</sup> – October 30<sup>th</sup>

Tuesday classes 7 Weeks  
1 hour Tuesday Classes- \$154.00  
1.5 hour Tuesday Classes- \$203.00

### Session #2: November 1<sup>st</sup> – January 8<sup>th</sup>

No classes November 22<sup>nd</sup> – November 25<sup>th</sup>  
No classes December 25<sup>th</sup> – January 1<sup>st</sup>

### Session #3: January 9<sup>th</sup> – March 11<sup>th</sup>

No classes February 19<sup>th</sup> – February 24<sup>th</sup>

### Session #4: March 12<sup>th</sup> – May 6<sup>th</sup>

### Session #5: May 7<sup>th</sup> – June 22<sup>nd</sup>

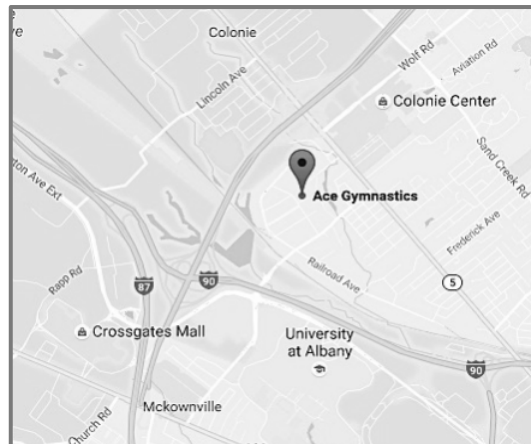
No classes May 27<sup>th</sup>

Monday classes- 5 weeks  
1 hour Monday classes- \$110.00  
1.5 hour Monday classes- \$145.00

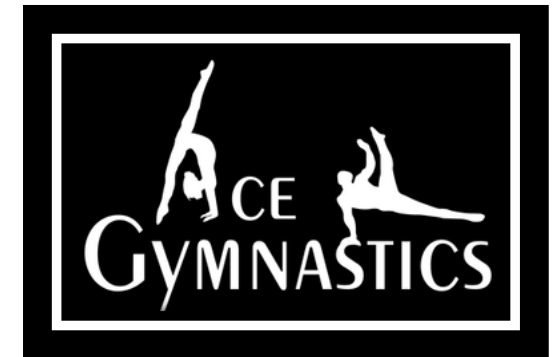
Tuesday – Saturday classes 7 weeks  
1 hour Tuesday-Saturday classes- \$154.00  
1.5 hour Tuesday-Saturday classes- \$203.00

## Location

We are conveniently located off of Exit 2E on I-87 and 5 minutes from Colonie Center or Crossgates Mall. Find us on Google Maps.



**Ace Gymnastics**  
19 Warehouse Row  
Albany, NY 12205  
518-977-3028  
info@acegymnasticsalbany.com



## 2023-2024 Recreational & Preschool Gymnastics Classes

Call to Register Today!

518-977-3028

ACE GYMNASTICS  
19 WAREHOUSE ROW (off Fuller Road)  
ALBANY, NY 12205

info@acegymnasticsalbany.com

www.acegymnasticsalbany.com

# Why Gymnastics?

Gymnastics is considered by many to be one of the best developmental sports! Some of the physical benefits of gymnastics training are:

- Improved coordination
- Body awareness
- Balance
- Core strength
- Flexibility



Another positive aspect of gymnastics is its ability to increase anyone's confidence level. The progressive nature of our program leads to consistent improvement, which is a great way to increase someone's self-esteem!

Concentration is also improved by teaching the skill of goal setting. One more great reason why gymnastics is fun!

**Call to Register Today**  
**518-977-3028**

## CLASS SCHEDULE

### 8-Week Sessions

Classes meet once a week for 8 weeks. 1 Hour: \$176.00* 1 ½ Hours: \$232.00**	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Little Jacks (1 HOUR) 18 months to 3 years old with parent participation	4:00PM		4:00PM	5:00PM		9:00AM
Jumping Jacks 3 to 5 Years Old (1 HOUR)	5:00PM	4:30PM	5:00PM	11:00AM 4:00PM	4:00PM	10:00AM 11:00AM
GIRLS Grades K-3 (1 HOUR)	4:00 PM 4:30PM	4:30 PM 5:30 PM	4:00PM 5:00 PM	4:00PM 5:00 PM 6:00PM 6:30PM	4:00PM 5:00PM	9:00 AM 10:00 AM 11:00 AM
GIRLS Grades 3-6 (1 1/2 HOURS)	4:30PM	4:00PM 5:30PM	4:30PM 6:00PM	4:00PM 5:00PM	6:00PM	9:00AM 10:30AM
GIRLS JR. & SR. HIGH (1 1/2 HOURS)			7:30PM			
BOYS Grades K-3 (1 HOUR)	5:00PM			5:00PM		9:00AM
BOYS Grades 3-6 (1 HOUR)				6:30PM		10:00AM
TUMBLING Grades 5 and Up (1 HOUR)				7:30PM		
ADULT (1 ½ HOURS)		7:00PM	7:30PM	7:30PM		
<b>**A one-time \$35.00 yearly registration fee is required per student. Contact us for multi-class and sibling discounts.</b>						

# Our Philosophy

At Ace Gymnastics our goal is to provide the finest gymnastics training in the capital region! From our state-of-the-art facility to our elite level staff everything about our program is first class. All of our students will be treated with respect and taught in a progressive and positive way.

We offer 1 and 1 ½ hour classes. Our student ratio is eight to one for ages 5 and up and six to one for preschool classes.

Classes meet once a week for 8 weeks. 1-hour classes: \$176.00, 1 ½ hour classes \$232.00. Ask about our multi-class and sibling discounts!  
\*\*sessions less than 8 weeks are prorated.