

NMG 2025-26

PROGRAMS & CLASSES

Confidence starts here.



noamartinggym.com



Contact us for
Tots Program
pricing!

Tots Program

Classes for ages 1-4 years old

Tumble with Me

This parent-child class is designed for toddlers who are confidently walking through age 3 and still benefit from the support of a grown-up on the mats. Through playful exploration, students build foundational tumbling skills like rolls, jumps, handstands, and climbing, while also developing important milestones in motor skills, social interaction, independence, and early learning concepts. Each class is filled with fun stations, games, music, and movement—all shared with a caring adult by their side.

Included in Tots Program:



Preschool

This class is designed for independent 3- to 4-year-olds ready to explore tumbling, trampoline, and double mini in a fun, structured environment.

Children rotate through stations focused on foundational gymnastics skills like rolls, jumps, handstands, and safe landings, while also building critical developmental skills such as coordination, listening, social interaction, and independence. Each class combines movement, music, games, and clear expectations to help students grow physically, emotionally, and socially—all while having a blast!



Included in Beginner Program:



Contact us for
Beginner
Program pricing!



Beginner Program

Classes for ages 5-10 year old
beginner athletes.

Beginner Combo

This beginner-level class is perfect for 5- to 6-year-olds who want to build strong foundations in all three gymnastics events: tumbling, trampoline, and double mini. Students will develop and refine core skills like rolls, handstands, cartwheels, jumps, drops, and bounce control, while also working on strength, technique, and coordination through structured rotations and engaging stations. Beyond physical development, this class emphasizes leadership, listening, responsibility, and social-emotional growth in a fun, supportive environment that keeps kids moving, learning, and loving every minute.

Tramp 1

In this class, students will learn the foundational skills of trampoline and double mini, including bounce control, body shapes (straddle, tuck, pike), seat drops, swivel hips, stomach drops, turns, and safe landings. These events help build body awareness, flexibility, control, and overall coordination. Through engaging drills, stations, and coach-led feedback, students also develop essential life skills like teamwork, leadership, responsibility, social-emotional awareness, and making positive choices—all in a fun and encouraging environment.

Beginner 1

This class is designed for 5- to 6-year-olds who are new to gymnastics or working toward mastering key skills like the back roll and cartwheel. Students will focus on building strong foundations in tumbling through drills, stations, and strength exercises that develop proper technique, coordination, and body control. Alongside physical growth, the class emphasizes important life skills such as leadership, responsibility, listening, and teamwork—creating a fun, structured, and supportive environment where kids can thrive both on and off the mats.

Beginner 2

This beginner tumbling class is for students ages 7 and up who are new to the sport or working on perfecting foundational skills like the back roll and cartwheel. With a focus on proper technique, strength building, and muscle memory through drills and rotations, students will gain confidence and control as they develop key tumbling movements. In addition to physical progress, the class emphasizes leadership, independence, respect, and social-emotional growth—all within a positive, structured, and fun environment designed to help kids succeed both in and out of the gym.

Advanced Program

Classes for advanced tumblers & trampolinists.

Included in Advanced Program:



POWERFUL WORDS
CHARACTER DEVELOPMENT



Advanced Beginner 1

This class helps gymnasts strengthen tumbling and flexibility skills while progressing toward walkovers and limbers. Students will work on rolls, cartwheel and round-off connections, and bridge variations including standing bridge, bridge up, kickover, handstand to bridge, and bridge walks, along with flexibility for bridges, splits, and shoulders. Strength and conditioning for the core, legs, upper body, and cardio are built into every class through structured stations that develop muscle memory and proper technique. In addition to physical skills, students will practice leadership, active listening, responsibility, and teamwork in a positive, supportive environment.

Advanced Beginner 2

This class develops connected front and back walkovers, limbers, round-offs, and beginner back handspring drills, focusing on correct technique and strong foundational shapes. Purposeful stations and repetitions build the muscle memory needed for future skills like tucks, whips, layouts, and full twists. Strength and conditioning for cardio, core, upper body, and legs are included in every class, along with opportunities to build leadership, responsibility, and teamwork in a positive, structured environment.

Contact us for Advanced Program pricing!

Back Handsprings & Above

This class is for gymnasts training Sub Novice through Advanced skills, including back handsprings, back tucks, twisting, and round-off drills, tailored to each athlete's level. Repetition, passes, and progressions build technique, power, and consistency, while strength and conditioning for cardio, core, upper body, and legs are incorporated into every class. Students also develop leadership, responsibility, goal setting, and social skills in a positive, structured environment that supports growth both on and off the mat.

Tramp 2

This class welcomes beginners over 10 and USTA novice level and above. Beginners will learn trampoline and double mini fundamentals like bounce control, body shapes (straddle, tuck, pike), turns, drops, and proper landings. Novice and advanced students will refine these skills and progress to front and back somersaults, twisting skills, and complex passes including baranis, rudis, ball-outs, and more. Skills are developed through drills, stations, rotations, and coach feedback. Alongside physical training, students build teamwork, leadership, respect, responsibility, and social-emotional skills in a supportive environment.

Included in Rec Cheer & Ninja Program:



Rec Cheer & Ninja Program

Ninja classes for ages 5 & up. Rec cheer for 4-12yr.



Ninja

Unleash your inner ninja! This high-energy class blends obstacle course training, tumbling, trampoline, and strength-based skills to build agility, balance, coordination, and confidence. Athletes will climb, flip, swing, and vault their way through creative challenges and ninja-style circuits. Our Ninja class incorporates elements from parkour and gymnastics in a safe and structured environment. Whether your child is scaling a warped wall, mastering a forward roll, or bounding across trampolines, they'll have a blast while improving fitness and focus. Perfect for active kids who love to move, jump, and test their limits—no previous experience required!

Rec Cheer

Rec Cheer 1 (Ages 4–7) introduces young athletes to the fundamentals of cheerleading in a fun, supportive environment. Students learn basic motions, beginner stunts, jumps, and simple routines while building confidence, coordination, and teamwork.

Rec Cheer 2 (Ages 7–12) builds on these skills with sharper motions, more challenging stunts, improved jump technique, and longer routines. Both classes emphasize safety, spotting, listening skills, and working together—giving athletes a strong cheer foundation while keeping it active and age-appropriate.

Both classes include a tshirt & bow. Classes will do a performance at a winter basketball game and in May at our recital.

Contact us for
Rec Cheer &
Ninja Program
pricing!

Contact us for
Power &
Performance
Program
pricing!

Power & Performance Program

For the athlete who wants to build power and perfect performance.

This class is designed to develop the complete athlete — building explosive power, rock-solid strength, speed, coordination, and body control to enhance performance in any sport. Through dynamic drills, targeted conditioning, and skill-based challenges, athletes will improve their agility, endurance, and confidence. Each week, athletes receive a simple, effective workout plan to continue training at home — ensuring progress doesn't stop when class ends. Whether you're on the field, court, mat, or track, this class gives you the tools to move faster, jump higher, react quicker, and perform at your best.



Included in Power & Performance Program:



Competitive Programs

All Star Cheer & USTA

We offer competitive All Star Cheer as well as competitive Tumbling, Trampoline, and Double Mini teams. These programs are designed for athletes who want to take their skills to the next level through advanced training, choreography, and competition. Participants focus on building strength, technique, consistency, and performance skills while competing at regional and national levels. Our experienced coaches provide structured practices, personalized feedback, and a supportive team environment to help athletes reach their full potential both on and off the mat.



Gym Schedule

	Floor #1	Tramp & DM	Floor #2
Monday	4-4:50: Beginner 1 4:55-5:25: Tumble with Me 5:30-6:20: <u>Preschool</u> 6:25-7:15: <u>Beginner Combo</u>	4:15-5:15: Tramp 2 5:30-6:20: <u>Preschool</u> 6:25-7:15: <u>Beginner Combo</u>	4-5:15: Advanced Beginner 1 5:20-6:50: Back Handsprings
Tuesday	4-4:50: Beginner 2 4:55-5:45: <u>Preschool</u>	4-4:50: Tramp 1 4:55-5:45: <u>Preschool</u> 6:20-7:20: Comp Cheer Sugar Rush 7:20-8:10: Rec Cheer 2	4-5:30: Advanced Beginner 2 5:35-6:50: Advanced Beginner 1
Wednesday	4-4:50: <u>Beginner Combo</u>	4-4:50: <u>Beginner Combo</u> 4:55-5:45: Rec Cheer 1 5:50-6:40 & 6:40-7:30: Competition Gymnastics Team	4-4:50: Ninja 4:55-5:45: Ninja
Thursday	4-4:50: <u>Preschool</u> 4:55-5:45: Beginner 1 5:50-6:40: Beginner 2	4-4:50: <u>Preschool</u> 4:55-5:45: Tramp 1 5:50-6:50: Tramp 2 6:50-7:50: Comp Cheer Fearless	4-5:30: Back Handsprings 5:35-7:05: Advanced Beginner 2
Saturday	9-9:50am: <u>Preschool</u> 9:55-10:45am: <u>Beginner Combo</u> 10:50-11:20: Tumble with Me	9-9:50am: <u>Preschool</u> 9:55-10:45am: <u>Beginner Combo</u>	9-10:15am: Advanced Beginner 1

Commitment Options

Choose the best plan for your family.



Trial month option before committing to a plan. Contact us for more info.

At NMG, we offer two membership options so you can choose the plan that best fits your family's needs:

12-Month Agreement – Our best value! Commit for a full year and enjoy:

- Locked-in tuition rates for the entire 12 months (no price increases during your term).
- Peace of mind knowing your spot is reserved in your chosen class(es).
- No additional monthly fee.
- May change day/time/class as needed as long as there are openings.



Flexibility Plan – Month-to-month enrollment for those needing more scheduling freedom.

- An additional fee is applied each month for the added flexibility.
- Adjust or cancel your enrollment by the 20th of the month prior.

Choose the plan that works best for you—whether you want the stability and savings of a 12-month agreement or the adaptability of our month-to-month plan.

When enrolling online, choose an additional “class” to select your plan. The options are 12 month agreement or flexibility plan.

Additional Info

Dress Expectations

- Clothing: Fitted t-shirt & shorts, gymnastics leotard, or sports bra & shorts.
- Trampoline students: White socks or trampoline shoes required.
- Hair: Pulled back out of the face—low ponytails/buns or side ponytails/buns are best for rolls.

Class Expectations

- Bring a water bottle into the gym (water only).
- Keep personal items in a cubby in the lobby.
- Wait in the lobby until your coach calls your class in.
- After class, wait in the lobby for parent pick-up.
- No shoes on the gym mats.
- Use the restroom before class.

Tuition & Payment Policies

- Tuition Due Date: 20th of the month prior.
- Payment Methods: Venmo, cash, check, or card.
- Late Payments: A late fee will be applied, and your card on file will be charged if tuition is not received by the deadline.
- Multi-Class Discount: Available for students enrolled in more than one class.

Cancellations & Makeups

One makeup class allowed per month (see “Missed Class Policy” for details).

Weather Cancellations

NMG does not follow the Independence School District weather cancellations. We will notify families via email and Facebook if classes are canceled due to inclement weather. No makeup classes are provided for weather-related cancellations initiated by NMG. If you choose not to attend during bad weather (e.g., you live far away), you may use your 1 monthly makeup pass.

Gym Holiday Closures

No classes are held, and no makeups or refunds are given, for the following dates:

- Fourth of July
- Halloween
- Thanksgiving
- Christmas Eve & Christmas Day
- New Year’s Eve & New Year’s Day
- Labor Day
- Memorial Day
- Christmas Break 2025: Wednesday, December 24 – Thursday, January 1