

# ALL AMERICAN GYMNASTICS & TOTNASTICS, TOO! SUMMER 2024

We are proud to provide you with professional instruction in classes from toddler through teens. Our gyms are fully equipped with spring floors, bars, beams, vaults, pommel horse, parallel bars, and rings. We continue our student-teacher ratio of 5-7 students per coach, a policy we have maintained since opening. Our staff is a carefully selected group of individuals who truly love children and gymnastics. **You can create any class with 5 or more children, call today!**

## ALL AMERICAN GYMNASTICS

SESSION DATES:	7/9-8/27 <u>TUES.</u>	7/10-8/28 <u>WED.</u>	7/11-8/29 <u>THURS.</u>	7/6-8/24 <u>SAT.</u>
<b>PRESCHOOL:</b>	10:00am 11:00am 4:30pm	10:00am 11:00am 4:30pm	10:00am 11:00am	9:00am 10:00am
<b>GYMNASTICS:</b>	9am-10:30am 4:00pm 5:30pm Gym/Adv	4:00pm 5:30pm Gym/Adv	9am-10:30am 5:30pm Gym/Adv 7:00pm	9:00am
<b>TUMBLE:</b>	5:30pm	5:30pm	4:30pm	

## TOTNASTICS TOO!

<b>MOMMY &amp; ME:</b>	10:00am	9:00am	11:00am	9:00am
<b>PRETOT:</b>	11:00am 4:30pm	10:00am	9:00am	10:00am
<b>3&amp;4 YEAR OLDS:</b>	9:00am	11:00am 4:30pm	10:00am 5:30 M&M	11:00am
<b>NINJA WARRIOR:</b>	5:45-7:00pm	5:45-7:00pm		

**MOMMY&ME:** A 50 minute program for children 15-30 months: Provides a unique learning experience for both parent and child. Children begin to develop their basic locomotive skills, strength, flexibility, and body awareness. An important program for all parents concerned with the physical development of their toddler.

**PRETOT:** A 50 minute program for 2 1/2 to 3 year olds. This class is designed to begin the separation process.

**3&4 YEAR OLDS:** A one hour program designed to increase ability and confidence and to advance skills both physically and socially.

**PRESCHOOL:** An hour long program for ages 4 and 5. The program is designed to increase your child's confidence in and through movement. Each child has the opportunity to develop his strength, flexibility, neuromuscular coordination through the use of elementary activities, special exploration and gymnastic skills: All in the warm and supportive atmosphere of our gym.

**GYMNASTICS:** This 1 1/2 hour program is offered to children 6 yrs. and up. It is based upon the philosophy that the progress of each individual is of the utmost importance. Children learn basic through advanced skills.

**TUMBLE:** An hour long program that focuses on basic to advanced tumbling skills needed for cheer and dance. Learn aerials, walkovers, handsprings, tucks and more. Qualified instructors in a safe environment.

**NINJA WARRIOR:** Unleash your inner ninja! No mud, no water, just you vs. the obstacles! Have a fun adventure and get an amazing workout at the same time. Make your way through our ninja warrior obstacle course to test your balance, strength, agility, stamina and flexibility on your quest to become the ultimate ninja warrior! This is an hour long class for ages 5 and up.

<u>TUITION:*</u>	<u>4 WKS.</u>	<u>6 WKS.</u>	<u>8 WKS.</u>
<b>M&amp;M</b>	\$150.00	\$225.00	\$295.00
<b>PRETOT</b>	\$150.00	\$225.00	\$295.00
<b>PRE/3&amp;4/TUMBLE:</b>	\$160.00	\$240.00	\$310.00
<b>NINJA WARRIOR:</b>	\$175.00	\$260.00	\$345.00
<b>GYM:</b>	\$175.00	\$260.00	\$345.00
<b>ADV:</b>	\$185.00	\$275.00	\$350.00

**TUITION WILL NOT BE ADJUSTED FOR MISSED CLASSES.** We reserve the right to cancel classes due to insufficient enrollment. There is a \$60.00 insurance fee for all new students. If you have a group of 5 or more, and desire a time not listed, contact us and we will try to accommodate you. For more information and registration call: 516-409-0300.