

## Sessions

**Session #1: September 5<sup>th</sup>-October 30<sup>th</sup>**

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

No classes November 22<sup>nd</sup>-24<sup>th</sup>  
No classes December 4<sup>th</sup>-January 1<sup>st</sup>

**Session #3: January 9<sup>th</sup>-March 5<sup>th</sup>**

**Session #4: March 6<sup>th</sup>-May 7<sup>th</sup>**

No classes April 15<sup>th</sup>-21<sup>st</sup>

**Session #5: May 8<sup>th</sup>-June 15<sup>th</sup>**

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

**Monday classes- 4 weeks**

1 hour classes: \$69

1.5 hour classes: \$91

**Tuesday classes- 5 weeks**

1 hour classes: \$86

1.5 hour classes: \$114

**Wednesday-Saturday classes-6 weeks**

1 hour classes: \$104

1.5 hour classes: \$137

## 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



## Recreational Gymnastics Classes 2018-2019

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!

# 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.

## Class structure

We offer 1 and 1 ½ hour classes. The average student ratio is eight to one. Classes meet once a week for 8 weeks. 1 hour: \$138.00, 1 ½ hours \$182.00. Additional days are available!

# CLASS SCHEDULE

## 8-Week Sessions

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

Classes meet once a week for 8 weeks. 1 Hour: \$138.00* 1 ½ Hours: \$182.00*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>GIRLS Grades K-3 (1 HOUR)</b>	3:30 PM 4:30 PM 5:30 PM	4:30 PM 5:30 PM	4:30PM 5:30PM 6:30 PM	4:00PM 5:00 PM	4:30PM	9:00 AM 10:00 AM 11:00 AM
<b>GIRLS Grades 3-6 (1 1/2 HOURS)</b>	4:30PM	4:00PM 5:30PM	6:00PM	5:00PM	4:00PM	9:00AM 10:30AM
<b>GIRLS JR. &amp; SR. HIGH (1 1/2 HOURS)</b>		7:00PM	7:30PM			
<b>BOYS Grades K-3 (1 HOUR)</b>	4:30PM			5:30PM		9:00AM
<b>BOYS Grades 3-6 (1 HOUR)</b>				6:30PM		10:00AM
<b>TUMBLING Grades 5 and Up (1 HOUR)</b>		7:30PM		7:30PM		
<b>ADULT (1 ½ HOURS)</b>		7:00PM				

\*A one time \$30.00 yearly registration fee is required per student. **Contact us for multi-child family discounts.**