

Sessions

Session #1: September 10th – November 4th

Session #2: November 5th – January 9th

No classes November 26th- November 29th
No classes December 24th – January 3rd

Session #3: January 11th – March 13th

No classes February 15th – February 20th

Session #4: March 15th – May 8th

Session #5: May 10th – June 26th

No classes May 31st

Monday classes- 6 weeks

1 hour Monday classes- \$114.00
1.5 hour Monday classes- \$150.00

Tuesday – Saturday classes 7 weeks

1 hour Tuesday-Saturday classes- \$133.00
1.5 hour Tuesday-Saturday classes- \$175.00

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



Recreational Gymnastics Classes 2020-2021

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!

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CLASS SCHEDULE

8-Week Sessions

Classes meet once a week for 8 weeks. 1 Hour: \$152.00* 1 ½ Hours: \$200.00*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GIRLS Grades K-3 (1 HOUR)	3:30 PM 4:00 PM	4:30 PM 5:30 PM	4:00PM 5:00 PM	4:00PM 5:00 PM 6:30PM	5:30PM	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	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
BOYS JR. & SR. High (1 HOUR)						11:00AM
TUMBLING Grades 5 and Up (1 HOUR)		7:30PM		7:30PM		
ADULT (1 ½ HOURS)		7:00PM		7:30PM		5:00PM
Team Alumni Class (1 ½ HOURS)						5:00PM
Homeschool Co-Ed Grades K-3 (1 HOUR)				10:00AM		
Homeschool Co-Ed Grades 3-6 (1 HOUR)		12:00PM				

*A one time \$35.00 yearly registration fee is required per student. **Contact us for multi-child family discounts.**

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. Our student ratio has been decreased to six to one. Classes meet once a week for 8 weeks. 1 hour: \$152.00, 1 ½ hours \$200.00. Ask about our multi-class discount!