

Sessions

Session #1: September 5th-October 30th

Session #2: November 1st-January 8th

No classes November 22nd-24th
No classes December 24th-January 1st

Session #3: January 9th-March 5th

Session #4: March 6th-May 7th

No classes April 22nd- 27th

Session #5: May 8th-June 22nd

No classes May 27th

Monday classes- 5 weeks

1 hour classes: \$86

1.5 hour classes: \$114

Tuesday classes- 6 weeks

1 hour classes: \$104

1.5 hour classes: \$137

Wednesday-Saturday classes-7 weeks

1 hour classes: \$121

1.5 hour classes: \$159

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
GIRLS Grades K-3 (1 HOUR)	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
GIRLS Grades 3-6 (1 1/2 HOURS)	4:30PM	4:00PM 5:30PM	6:00PM	5:00PM	4:00PM	9:00AM 10:30AM
GIRLS JR. & SR. HIGH (1 1/2 HOURS)		7:00PM	7:30PM			
BOYS Grades K-3 (1 HOUR)	4:30PM			5:30PM		9:00AM
BOYS Grades 3-6 (1 HOUR)				6:30PM		10:00AM
TUMBLING Grades 5 and Up (1 HOUR)		7:30PM		7:30PM		
ADULT (1 ½ HOURS)		7:00PM		7:30PM		

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