

Sessions

Session #1: September 5th- October 30th

Session #2: November 1st-January 9th

No classes November 28th- November 30th
No classes December 23rd – January 1st

Session #3: January 10th – March 12th

No classes February 17th – February 22nd

Session #4: March 13th – May 7th

Session #5: May 8th – June 20th

No classes May 25th

Monday classes- 5 weeks

1 hour Monday classes- \$91.00

1.5 hour Monday classes- 119.00

Tuesday – Thursday classes 6 weeks

1 hour Tuesday-Saturday classes- \$109.00

1.5 hour Tuesday-Saturday classes- \$143.00

Friday & Saturday classes 7 weeks

1 hour Friday & Saturday classes- \$127.00

1.5 hour Friday & Saturday classes- \$167.00

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.



Recreational Gymnastics Classes 2019-2020

Call to Register Today!

518-977-3028

ACE GYMNASTICS

19 WAREHOUSE ROW (off Fuller Road)
ALBANY, NY 12205

info@acegymnasticsalbany.com

www.acegymnasticsalbany.com

Ace Gymnastics
19 Warehouse Row
Albany, NY 12205
518-977-3028
info@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: \$145.00* 1 ½ Hours: \$191.00* | 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 6:30PM | 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 | | |
| Ninja Class (1 HOUR) Ages 6-12, Co-Ed | | | | | | 5:30PM |

*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. The average student ratio is eight to one. Classes meet once a week for 8 weeks. 1 hour: \$145.00, 1 ½ hours \$191.00. Additional days are available!