

# Sessions

## Session #1: September 10<sup>th</sup> – November 4<sup>th</sup>

## Session #2: November 5<sup>th</sup> – January 9<sup>th</sup>

No classes November 26<sup>th</sup>- November 29<sup>th</sup>  
No classes December 24<sup>th</sup> – January 3<sup>rd</sup>

### **Thursday-Saturday classes 7 Weeks**

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

## Session #3: January 11<sup>th</sup> – March 13<sup>th</sup>

No classes February 15<sup>th</sup> – February 20<sup>th</sup>

## Session #4: March 15<sup>th</sup> – May 8<sup>th</sup>

## Session #5: May 10<sup>th</sup> – June 26<sup>th</sup>

No classes May 31<sup>st</sup>

### **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

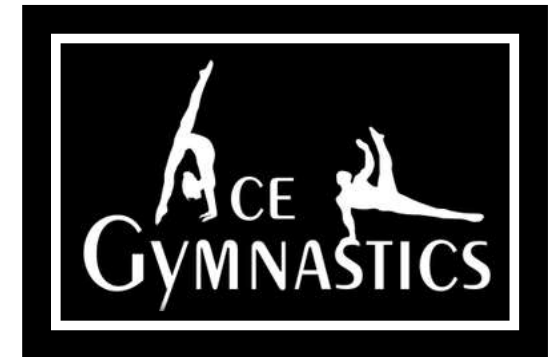
# Location

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!

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

## CLASS SCHEDULE

### 8-Week Sessions

## 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!

Classes meet once a week for 8 weeks. 1 Hour: \$152.00* 1 ½ Hours: \$200.00*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>GIRLS Grades K-3 (1 HOUR)</b>	3:30 PM 4:00 PM	4:30 PM 5:30 PM	4:00PM 5:00 PM	4:00PM 5:00 PM 6:00PM 6:30PM	5:30PM 6:30PM	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	4:30PM 6:00PM	5:00PM		9:00AM 10:30AM
<b>GIRLS JR. &amp; SR. HIGH (1 1/2 HOURS)</b>		7:30PM	7:30PM			
<b>BOYS Grades K-3 (1 HOUR)</b>	5:00PM			5:00PM		9:00AM
<b>BOYS Grades 3-6 (1 HOUR)</b>				6:30PM		10:00AM
<b>BOYS JR. &amp; SR. High (1 HOUR)</b>						11:00AM
<b>TUMBLING Grades 5 and Up (1 HOUR)</b>				7:30PM		
<b>ADULT (1 ½ HOURS)</b>		7:00PM		7:30PM		5:00PM
<b>Homeschool Co-Ed Grades K-3 (1 HOUR)</b>				10:00AM		
<b>Homeschool Co-Ed Grades 3-6 (1 HOUR)</b>		12:00PM				

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