

Sessions

Session #1: September 8th – November 2nd

Session #2: November 3rd – January 8th

No classes November 24th- November 28th
No classes December 24th – January 2nd

Friday & Saturday classes 7 Weeks
1 hour Friday & Saturday classes- \$140.00
1.5 hour Friday & Saturday classes- \$184.00

Session #3: January 10th – March 12th

No classes February 21st – February 27th

Session #4: March 14th – May 7th

Session #5: May 9th – June 25th

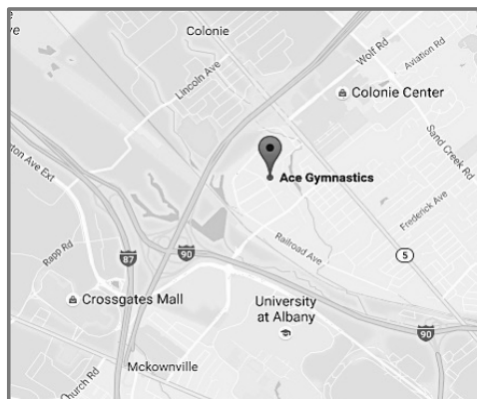
No classes May 30th

Monday classes- 6 weeks
1 hour Monday classes- \$120.00
1.5 hour Monday classes- \$158.00

Tuesday – Saturday classes 7 weeks
1 hour Tuesday-Saturday classes- \$140.00
1.5 hour Tuesday-Saturday classes- \$184.00

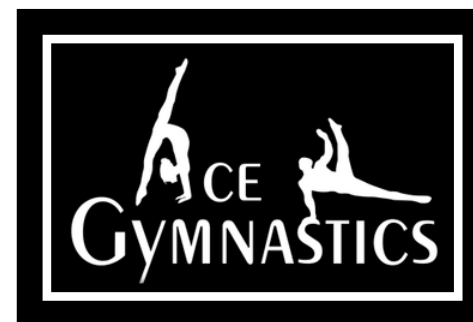
Location

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
2021-2022**

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 is eight to one. Classes meet once a week for 8 weeks. 1 hour: \$160.00, 1 ½ hours \$210.00. Ask about our multi-class and sibling discounts!

Classes meet once a week for 8 weeks. 1 Hour: \$160.00* 1 ½ Hours: \$210.00*	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 6:00PM 6:30PM	4:00PM 5:00PM	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	5:00PM	6:00PM	9:00AM 10:30AM
GIRLS JR. & SR. HIGH (1 1/2 HOURS)		7:30PM	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
HOMESCHOOL (1 HOUR)				10:00AM		
HOMESCHOOL TUMBLING (1 HOUR)				1:00PM		
TUMBLING Grades 5 and Up (1 HOUR)				7:30PM		
ADULT (1 ½ HOURS)		7:00PM		7:30PM		5:00PM
*A one time \$35.00 yearly registration fee is required per student. Contact us for multi-child family discounts.						