Sessions

Session #1: September 7th – November 1st

No Classes October 31st

Monday classes 7 Weeks 1 hour Monday classes- \$147.00 1.5 hour Monday Classes- \$193.00

Session #2: November 2nd – January 7th

No classes November 23rd – November 26th No classes December 24th – January 1st

Saturday classes 7 Weeks 1 hour Saturday classes- \$147.00 1.5 hour Saturday classes- \$193.00

Session #3: January 9th – March 11th

No classes February 20th – February 25th

Session #4: March 13th - May 6th

Session #5: May 8th – June 24th

No classes May 29th

Monday classes- 6 weeks 1 hour Monday classes- \$126.00 1.5 hour Monday classes- \$166.00

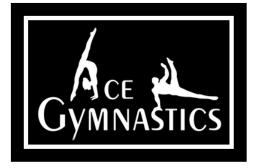
Tuesday – Saturday classes 7 weeks 1 hour Tuesday-Saturday classes- \$147.00 1.5 hour Tuesday-Saturday classes- \$193.00

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 2022-2023

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

CLASS SCHEDULE

8-Week Sessions

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

Our Philosophy

At Ace Gymnastics our goal is to provide the finest gymnastics training in the capital region! From our stateof-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: \$168.00, 1 ½ hours \$221.00. Ask about our multi-class and sibling discounts!

Classes meet once a week for 8 weeks. 1 Hour: \$168.00* 1 ½ Hours: \$221.00*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GIRLS Grades K-3 (1 HOUR)	3:30 PM 4:00 PM 4:30PM	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	4:00PM 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
HOMESCHOOL (1 HOUR)				10:00AM		
TUMBLING Grades 5 and Up (1 HOUR)				7:30PM		
ADULT (1 ½ HOURS)		7:00PM		7:30PM		5:00PM