



# 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!

For a full description of our preschool classes please visit our website:  
[www.acegymnasticsalbany.com](http://www.acegymnasticsalbany.com)

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 seven to one. Classes meet once a week. Additional days are available!

Classes meet once a week for 8 weeks. 1 Hour: 168.00* 1 ½ Hours: \$221.00* \$10.00 Prorated Registration Fee for new students good through 8/31/2023	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>GIRLS Grades K-3 (1 HOUR)</b>	4:00 PM 5:00 PM	4:30PM 5:30PM	4:00PM 5:00PM	4:00PM 5:00PM 6:00PM
<b>GIRLS Grades 3-6 (1 1/2 HOURS)</b>	4:30PM	4:00PM 6:30PM	6:00PM	4:00PM 6:00PM
<b>GIRLS JR. &amp; SR. HIGH (1 1/2 HOURS)</b>		7:30PM		
<b>BOYS Grades K-3 (1 HOUR)</b>	4:00PM		5:00PM	4:00PM
<b>BOYS Grades 3-6 (1 HOUR)</b>			4:00PM	5:00PM
<b>TUMBLING Grades 5 and Up (1 HOUR)</b>				7:30PM
<b>Adult Class (1 1/2 HOURS)</b>		7:30PM	7:30PM	
<b>Little Jacks</b> 18 Months - 3 years with Parent Participation		4:30PM		10:00AM 5:00PM
<b>Jumping Jacks</b> 3 - 5 Years	5:00PM	5:30PM	4:30PM	11:00AM 4:00PM

## Session Dates

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### Summer Session

**July 5<sup>th</sup> – August 25<sup>th</sup>**

Monday & Tuesday  
Classes are 7 weeks and tuition as follows:

1 Hour Class: \$147.00  
1.5 Hour Class: \$193.00

Tuesday, Wednesday & Thursday  
Classes are 8 Weeks and tuition as follows:

1 Hour Class: \$168.00  
1.5 Hour Class: \$221.00

**Looking for more gymnastics fun?**

**Ask about our summer camp options for children ages Kindergarten – 12 years!**

## Location

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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

Email: [info@acegymnasticsalbany.com](mailto:info@acegymnasticsalbany.com)  
Web: [acegymnasticsalbany.com](http://acegymnasticsalbany.com)



## Gymnastics Classes

**Summer 2023**  
July 5<sup>th</sup>- August 25<sup>th</sup>

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Call to Register Today!

**518-977-3028**

**ACE GYMNASTICS**  
19 Warehouse Row  
Albany, NY 12205

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