



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

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 7 weeks. 1 Hour: 154.00* 1 ½ Hours: \$203.00* \$10.00 Prorated Registration Fee for new students good through 8/31/2024	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
GIRLS Grades K-3 (1 HOUR)	4:00 PM 5:00 PM	4:30PM 5:30PM	4:00PM 5:00PM	4:00PM 5:00PM 6:00PM
GIRLS Grades 3-6 (1 1/2 HOURS)	4:30PM	4:00PM 6:30PM	6:00PM	4:00PM 6:00PM
GIRLS JR. & SR. HIGH (1 1/2 HOURS)		7:30PM		
BOYS Grades K-3 (1 HOUR)	4:00PM		5:00PM	
BOYS Grades 3-6 (1 HOUR)			4:00PM	5:00PM
TUMBLING Grades 5 and Up (1 HOUR)				7:30PM
Adult Class (1 1/2 HOURS)		7:30PM	7:30PM	
Little Jacks 18 Months - 3 years with Parent Participation		4:30PM		5:00PM
Jumping Jacks 3 - 5 Years	5:00PM	5:30PM	4:30PM	4:00PM

Session Dates

Summer Session

July 8th – August 22nd

Classes are 7 weeks and tuition as follows:

1 Hour Class: \$154.00
1.5 Hour Class: \$203.00

Looking for more gymnastics fun?

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

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

Email: info@acegymnasticsalbany.com
Web: acegymnasticsalbany.com



Gymnastics Classes

Summer 2024
July 8th- August 22nd

Call to Register Today!

518-977-3028

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Albany, NY 12205

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