

GO FOR THE GOLD GYMNASTICS

Fall 2018

Tele:973-739-9100

September 4-December 22

(if you don't see a time you like just ask- we'll creat a

class)

www.goforthegoldgym.com

16 week session

Class	Ages	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parent & Me	18-24 months						
Tiny Tots	2 ½- 3 ½			3:15-4:00	3:30-4:15		9:15-10:00
Pre-School	3 ½- 4 ½	3:30-4:30 4:15 - 5:15	2:30-3:30 3:15-4:15 4:30-5:30	3:15-4:15 4:30-5:30	2:30-3:30 3:30-4:30 4:15-5:15	4:00-5:00 6:00-7:00	9:15-10:15 10:00-11:00
Beginner	5-6 & 6-7	3:30 - 4:30 4:15-5:15 5:15-6:15	3:15 - 4:15 4:30-5:30 5:15-6:15	3:15 - 4:15 4:30-5:30 5:15-6:15	4:15-5:15 5:15-6:15 6:00-7:00	3:15 - 4:15 4:00-5:00 5:00-6:00 6:00-7:00	9:15-10:15 10:00-11:00 11:00-12:00
Advanced Beginner	7+	3:30-4:30 4:15 - 5:15 6:15-7:15	4:30-5:30	3:15-4:15 4:30-5:30 5:15-6:15	3:30 - 4:30 4:15-5:15 5:15-6:15 6:00-7:00 7:00-8:00	3:15 - 4:15 4:00-5:00 5:00-6:00	10:00-11:00 11:00-12:00 12:00-1:00
Intermediate	8+	4:00 - 5:30 6:30-8:00	4:30-6:00	4:00 - 5:30	4:30 - 6:00 7:00-8:30		10:00-11:30
Super Advanced	8+	4:00-6:00		4:00-6:00			10:00-12:00
Boys Gymnastics	5-6 7+		4:15-5:15 5:15-6:15	4:30-5:30	5:15-6:15	3:30-4:30 6:00 - 7:00	9:15-10:15 11:15-12:15
Tumbling	7+	5:15-6:15	6:00-7:00	6:15-7:15		4:00 - 5:00	11:00-12:00
Trampoline		5:15 - 6:16					
Parkour	Classes made according to age and level	6:15-7:15	5:00 - 6:00 6:00 - 7:00 7:00-8:00 8:00 - 9:00	6:15-7:15 7:15-8:15	6:15-7:15 7:15-8:15	3:15-4:15 4:00 - 5:00 5:00 - 6:00 7:00 - 8:00 8:00 - 9:00	9:00-10:00 1:00-2:00
Mini-team (invitation only)	5-7				4:00-5:30		11-12:30