



@ the David Posnack JCC  
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Gym Kidz Mission:

Our number one goal is to build each child's self-confidence and self esteem while improving coordination, flexibility and physical strength.

**Pricing Chart (8 week session)**

March 8-May 9

Annual Insurance Fee:

\$10.00/ session per child

1Xper week (8 classes) \*\*Member \$92

Non Member \$128

2Xper week (16 classes)\* \*Member \$171

Non Member \$244

3Xper week (24 classes) \*\*Member \$244

Non Member \$348

Discount for siblings only!

\$20.00 charge/class for non registered gymnast that would like

to participate.

\*No Refunds

Join anytime, new students will be prorated!

trial class are \$15.00 per child!

\*Schedule is subject to change.

PLEASE SCHEDULE ALL TRIAL CLASSES.

\*Classes with less than 6 kids enrolled are subject to change or

may be mixed with another class.

Only new students will be prorated!!

**Preschool Gymnastics**

Our preschool program is designed to help your child physically, mentally, and socially. While working on strength, coordination, flexibility and balance, children are encouraged to explore body movement, awareness and expression. Our program utilizes the newest and most imaginative curriculum.

Super Stars

28 months-36 months Class time: 40 minutes

Monday 2:45pm

Tuesday 2:45 pm

Wednesday 2:45 pm

Thursday 2:45 pm

Tiny Tumblers

3 year old Class time: 45 minutes

Monday 2:45 pm

Tuesday 2:45 pm; 3:40pm

Wednesday 2:45pm ; 3:40pm

Thursday 2:45pm; 3:40pm

Gym Stars

4 year old Class time: 45 minutes

Monday 2:45pm; 3:40pm

Tuesday 2:45pm; 3:40pm

Wednesday 2:45pm; 3:40pm

Thursday 2:45pm; 3:40pm

Kidz Open Gym

Join us on Fun Fridays. Come by and practice your favorite skills on bars, beam, vault, floor and trampoline.

**Crawlers- 3 yrs old \*parent participation required--**

Friday 10:00am-12:00pm

**4 yrs and up \*drop off--**

Friday 3:00pm-5:00pm

\$10.00 per child

**Dates Closed:**

**March 29-April 4**

**Classes have been prorated for the session**

**Recreational Program**

Our recreational program is for children ages 5 and up. Our number one goal is to provide gymnastics in a fun and safe environment. In order to achieve our goals, the following six levels have been designed to accommodate each child's need.

\*new students will be evaluated by a coach to determine which level they belong in.

Red & Orange (Girls Beginner)

5 and up

Class time: 55 minutes)

Monday 3:40pm; 4:35pm; 5:30pm

Tuesday 3:40pm; 4:35pm; 5:30pm

Wednesday 3:40pm; 4:35pm; 5:30pm

Thursday 3:40pm; 4:35pm; 5:30pm

Girls-Blue & Green (Girls Intermediate)

5 years old and up

Class time: 55 minutes

Monday 5:30pm

Tuesday 5:30pm

Wednesday 4:35; 5:30pm

Thursday 5:30pm

Boys:(Beginner, Intermediate, Advanced)

5 yrs and up

Class time: 55 min

Monday 3:40; 4:35

Tumbling/Cheerleading

Whether you are interested in competitive cheerleading, improving cheerleading and tumbling skills or just in it for fun, Gym Kidz has the right cheerleading program to fit your needs. Our programs are designed to improve your strength, endurance, flexibility and coordination while working on basic tumbling skills.

Beginner

Monday 5:30pm and/or Wednesday 5:30pm

Back handspring Class

If you need a back handspring, this is the class for you. The entire class is dedicated to teaching a proper back handspring along with basic tumbling techniques.

Tuesday 5:30pm and/ or Thursday 5:30pm

