

GYMNASTICS JUNE



MONDAY

CLASS G
4:30 – 5:00 PM

CLASS 2
4:30 – 5:15 PM

CLASS 3 & TUMBLING
5:15 – 6:00 PM

CLASS 1
6:15 – 7:00 PM

INTERMEDIATE
7:00 – 7:45 PM

BACK HANDSPRING
7:45 – 8:45 PM

TUESDAY

PlayGroup
12:00 – 1:00 PM
FREE for Members
Non-Members:$10
Space is Limited

CLASS 1
4:30 – 5:15 PM

CLASS 2
5:15 – 6:00 PM

CLASS 3
6:15 – 7:00 PM

WEDNESDAY

PARENT & TOT
9:30 – 10:00 AM

CLASS A
10:00 – 10:45 AM

CLASS G
11:00 – 11:45 AM

PlayGroup
12:00 – 1:00 PM
FREE for Members
Non-Members:$10
Space is Limited

CLASS A, 1, & 2
4:30 – 5:15 PM

CLASS A & 1
5:15 – 6:00 PM

PARENT & TOT
6:00 – 6:30 PM

CLASS G & CLASS 3
6:15 – 7:00 PM

CLASS 4 &
TEENS / TWEENS
7:15 – 8:15 PM

THURSDAY

PARENT & TOT
10:15 – 10:45 AM

CLASS A
11:45AM – 12:30 PM

CLASS G
4:30 – 5:15 PM

PARENT & TOT
5:15 – 5:45 PM

FRIDAY

CLASS G & 1
4:30 – 5:15 PM

PARENT & TOT
5:15 – 5:45 PM

CLASS 2
5:30 – 6:15 PM

CLASS A
5:45 – 6:30 PM

BOYS
7:00 – 8:00 PM

SATURDAY

CLASS A & 3
9:00 – 9:45 AM

CLASS A & 2
10:00 – 10:45 AM

CLASS A & 1
11:00 – 11:45 AM

TUMBLING
12:15 – 1:00 PM

BOYS
12:15 – 1:15 PM

Big Kid Open Gym
2:30 – 3:30 PM
FREE for Members
Non-Members:$15
Space is Limited

IMPORTANT DATES:

- **Sun, June 7 / Sat, June 13 & Sun, June 14**
  Parent & Tot / Gymnastics Showcase
- **Monday, June 22**
  LAST DAY OF REGULAR CLASSES
- **Tuesday, June 23 – Friday, June 26**
  Ninja Showcase

>>> NEXT SESSION STARTS JULY 6 <<<

JOIN US EVERY WEEK – FREE WITH MEMBERSHIP!

Big Kid Open Gym
Saturdays
2:30 – 3:30 PM
Non-Members:$15

PlayGroup
Tuesdays & Wednesdays
12:00 – 1:00 PM
Non-Members:$10

SPACE IS LIMITED!

Questions? Please contact: Jessica Rockwell, Gymnastics Supervisor | jrockwell@nnyymca.org | 315.755.9622



NINJA JUNE



MONDAY

PARENT NINJA
9:30 – 10:00 AM

MINI NINJA
10:00 – 10:45 AM

MINI NINJA
10:45 – 11:30 AM

AVALANCHE
11:45 AM – 12:45 PM

MINI NINJA
5:00 – 5:45 PM

PARENT NINJA
5:45 – 6:15 PM

AVALANCHE
6:15 – 7:15 PM

TUESDAY

PARENT NINJA
9:30 – 10:00 AM

MINI NINJA
11:00 – 11:45 AM

PlayGroup
12:00 – 1:00 PM
FREE for Members
Non-Members:$10
Space is Limited

MINI NINJA
4:40 – 5:15 PM

PARENT NINJA
5:15 – 5:45 PM

MINI NINJA
6:00 – 6:45 PM

WEDNESDAY

PlayGroup
12:00 – 1:00 PM
FREE for Members
Non-Members:$10
Space is Limited

THURSDAY

SHADOW NINJA
4:15 – 5:00 PM

SHADOW NINJA
5:00 – 5:45 PM

SHADOW NINJA &
STEALTH NINJA
6:00 – 6:45 PM

FRIDAY

MINI NINJA
4:30 – 5:15PM

SHADOW NINJA
5:00 – 5:45 PM

PARENT NINJA
5:15 – 5:45 PM

STEALTH NINJA
6:00 – 6:45 PM

AVALANCHE
6:00 – 7:00 PM

SATURDAY

PARENT NINJA
8:15 – 8:45 AM

MINI NINJA &
SHADOW NINJA
9:15 – 10:00 AM

MINI NINJA &
ALL AGES NINJA
10:15 – 11:00 AM

MINI NINJA
11:15 AM – 12:00 PM

MINI NINJA
12:15 – 1:00 PM

Big Kid Open Gym
2:30 – 3:30 PM
FREE for Members
Non-Members:$15
Space is Limited

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JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3 XGold USAG XGold YMCA 4:30–8:30 PM XBronze 5:00–7:00 PM	4 XGold YMCA 6:00–8:30 PM XP/XD/LVL6+ 4:30–8:30 PM	5 NO PRACTICE	6 XSilver/Boys 3:30–6:30 PM XP/XD/LVL6+ 3:30–7:30 PM
7 XGold YMCA XGold USAG 1:00–5:00 PM	8 XGold USAG 4:30–8:30 PM XBronze 5:00–7:00 PM XSilver 5:00–8:00 PM	9 XP/XD/LVL6+ 4:30–8:30 PM Boys 5:00–8:00 PM	10	11	12	13
14	15	16	17	18	19	20
21 NO PRACTICE HAPPY FATHER'S DAY!	22	23	24	25	26 YMCA NATIONALS MEET	27 YMCA NATIONALS MEET
28 YMCA NATIONALS MEET	29 YMCA NATIONALS MEET	30 YMCA NATIONALS MEET	1	2	3	4



Questions? Please contact Samantha Pelletier, Team Supervisor | Office Hours: Monday – Thursday 9:00 AM – 1:00 PM