



GYMNASTICS JULY



MONDAY

CLASS G
4:30 – 5:15 PM

CLASS 2
4:30 – 5:15 PM

**CLASS 1 &
BEGINNER TUMBLING**
5:30 – 6:15 PM

BACK HANDSPRING
6:30 – 7:30 PM

Big Kid Open Gym
7:30 – 8:30 PM
FREE for Members
Non-Members:\$15
Space is Limited

TUESDAY

CLASS 1
4:30 – 5:15 PM

**CLASS 2 &
BEGINNER TUMBLING**
5:30 – 6:15 PM

**CLASS 1 &
INTERMEDIATE
TUMBLING**
6:30 – 7:15 PM

WEDNESDAY

CLASS G
12:00 – 12:45 PM

CLASS 1
1:00 – 1:45 PM

CLASS A
4:30 – 5:15 PM

CLASS A & CLASS 3
5:15 – 6:00 PM

PARENT & TOT
6:00 – 6:30 PM

**CLASS 4 &
TEENS / TWEENS**
6:15 – 7:15 PM

CLASS G
6:30 – 7:15 PM

THURSDAY

CLASS A
9:30 – 10:15 AM

PARENT & TOT
10:15 – 10:45 AM

CLASS A
10:45 – 11:30 AM

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

CLASS G
4:30 – 5:15 PM

PARENT & TOT
5:15 – 5:45 PM

CLASS A
5:45–6:30PM

BOYS
6:30 – 7:30 PM

FRIDAY

**JOIN US EVERY WEEK!
FREE WITH MEMBERSHIP!**

Big Kid Open Gym
Mondays
7:30 – 8:30 PM
Non-Members:\$15

Pre-K PlayGroup
Thursdays
12:00 – 1:00 PM
Non-Members:\$12

SPACE IS LIMITED!

SATURDAY

IMPORTANT DATES:

- Saturday, July 4 *****NO CLASSES*****
Happy Independence Day!
- Monday, July 6
Summer Session Starts

COMING SOON: Fall Registration!

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



NINJA JULY



MONDAY

MINI NINJA
9:30 – 10:15 AM

PARENT NINJA
10:30 – 11:00 AM

AVALANCHE
11:00 AM – 12:00 PM

MINI NINJA
3:30 – 4:15 PM

PARENT NINJA
4:30 – 5:00 PM

MINI NINJA
5:00 – 5:45 PM

PARENT NINJA
5:45 – 6:15 PM

AVALANCHE
6:15 – 7:15 PM

Big Kid Open Gym
7:30 – 8:30 PM
FREE for Members
Non-Members: \$15
Space is Limited

TUESDAY

PARENT NINJA
9:45 – 10:15 AM

MINI NINJA
10:30 – 11:15 AM

MINI NINJA
11:15 AM – 12:00 PM

**MINI NINJA &
SHADOW NINJA**
4:30 – 5:15 PM

PARENT NINJA
5:15 – 5:45 PM

MINI NINJA
6:00 – 6:45 PM

WEDNESDAY

THURSDAY

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

SHADOW NINJA
5:30 – 6:15 PM

STEALTH NINJA
6:30 – 7:15 PM

FRIDAY

SATURDAY

**JOIN US EVERY WEEK!
FREE WITH MEMBERSHIP!**

Big Kid Open Gym
Mondays
7:30 – 8:30 PM
Non-Members: \$15

Pre-K PlayGroup
Thursdays
12:00 – 1:00 PM
Non-Members: \$12

SPACE IS LIMITED!

IMPORTANT DATES:

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JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
			XGold YMCA XP/XD/LVL6+ 4:30-8:30 PM YMCA NATIONALS	XGold YMCA XP/XD/LVL6+ 4:30-8:30 PM YMCA NATIONALS	NO PRACTICE	NO PRACTICE HAPPY 4TH OF JULY!
5	6	7	8	9	10	11
SUMMER SCHEDULE BEGINS! → NO PRACTICE	AM Pre-Team 11 AM - 12 PM PM Pre-Team 12 - 1 PM Orange / Blue 1 - 4 PM	Green Group 9 - 11:30 AM Teal / Red / Boys 1 - 4 PM	AM Pre-Team 11 AM - 12 PM PM Pre-Team 12 - 1 PM Orange / Blue 9 AM - 1 PM	Green Group 9 - 11:30 AM Red / Boys 1 - 4 PM	Orange / Blue Teal / Red 9 AM - 1 PM	NO PRACTICE
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

Questions? Please contact Samantha Pelletier, Team Supervisor
Office Hours: Monday 8-11:30AM, Tue/Wed/Thu 8-9AM, Wed/Fri 1-4PM