



GYMNASTICS AUGUST



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:

- Monday, August 3rd
Gymnastics area construction begins
ALL CLASSES WILL BE HELD IN BIG GYM
- Monday, August 20th
****LAST DAY OF SUMMER SESSION****

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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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

PARENT NINJA
9:45 – 10:15 AM

MINI NINJA
10:30 – 11:15 AM

MINI NINJA
11:15AM – 12:00PM

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

PARENT NINJA
5:15 – 5:45 PM

MINI NINJA
6:00 – 6:45 PM

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

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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AUGUST



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 NO PRACTICE
2 NO PRACTICE	3 AM Pre-Team 11 AM - 12 PM PM Pre-Team 12 - 1 PM Orange / Blue 1 - 4 PM	4 Green Group 9 - 11:30 AM Teal / Red / Boys 1 - 4 PM	5 AM Pre-Team 11 AM - 12 PM PM Pre-Team 12 - 1 PM Orange / Blue 9 AM - 1 PM	6 Green Group 9 - 11:30 AM Red / Boys 1 - 4 PM	7 Orange / Blue Teal / Red 9 AM - 1 PM	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31 NO PRACTICE Parent & Athlete Meetings					

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