



GYMNASTICS OCTOBER

MONDAY

GYM STARZ and
CLASS 1
4:30 - 5:15 PM

TINY TUMBLERS and
CLASS 2 and
BEGINNER TUMBLING
5:15 - 6:00 PM

INTERMEDIATE
TUMBLING
6:00 - 6:45 PM

CLASS 3
6:00 - 7:00 PM

BACK HANDSPRING
6:45 - 7:45 PM

TUESDAY

MOVEMENT MANIA
9:30 - 10:15 AM

CLASS 1
4:30 - 5:15 PM

MOVEMENT MANIA
4:45 - 5:30 PM

CLASS 2
5:15 - 6:00 PM

MINI TWISTERZ and
BEGINNER TUMBLING
5:30 - 6:15 PM

CLASS 1
6:00 - 6:45 PM

WEDNESDAY

JUMPERS & BUMPERS
9:30 - 10:00 AM

MINI TWISTERZ
10:00 - 10:45 AM

GYM STARZ
11:00 - 11:45 AM

MINI TWISTERZ and
CLASS 1 and CLASS 2
4:30 - 5:15 PM

MINI TWISTERZ and
CLASS 1
5:15 - 6:00 PM

CLASS 3
5:15 - 6:15 PM

CLASS 2
6:00 - 6:45 PM

GYM STARZ
6:15 - 7:00 PM

CLASS 4
6:15 - 7:30 PM

TEENS/TWEENS
6:45 - 7:45 PM

THURSDAY

JUMPERS & BUMPERS
10:30 - 11:00 AM

MINI TWISTERZ
11:45 - 12:30 PM

MINI TWISTERZ
12:45 - 1:30 PM

GYM STARZ
4:30 - 5:15 PM

JUMPERS & BUMPERS
5:15 - 5:45 PM

MINI TWISTERZ
5:45 - 6:30 PM

FRIDAY

JUMPERS & BUMPERS
4:30 - 5:00 PM

CLASS 1
4:30 - 5:15 PM

MINI TWISTERZ
5:00 - 5:45 PM

CLASS 2
5:30 - 6:15 PM

GYM STARZ
5:45 - 6:30 PM

CLASS 3
6:15 - 7:15 PM

BOYS REC
7:00 - 8:00 PM

SATURDAY

JUMPERS & BUMPERS
8:25 - 8:55 AM

MINI TWISTERZ and
CLASS 1
9:00 - 9:45 AM

MINI TWISTERZ
9:50 - 10:35 AM

CLASS 2
9:55 - 10:40 AM

MINI TWISTERZ
10:40 - 11:25 AM

CLASS 3
10:50 - 11:50 AM

BOYS REC
11:00 - 12:00 PM

GYM STARZ
11:30 - 12:15 PM

IMPORTANT DATES

- Saturday, October 10th
Columbus Day - REGULAR SCHEDULE
- Monday, October 12th
Indigenous Peoples' Day - REGULAR SCHEDULE
- Saturday, October 31st
Indigenous Peoples' Day - REGULAR SCHEDULE

JOIN US EVERY WEEK! FREE WITH MEMBERSHIP!

Pre-K PlayGroup (Under 5) **Big Kid Open Gym (5-15)**
Tuesdays & Wednesdays Saturdays
12:00 - 1:00 PM 1:00 - 2:00 PM
Non-Members: \$12 Non-Members: \$15

SPACE IS LIMITED!

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

NINJA OCTOBER



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

MNI NINJA
4:45 – 5:30 PM

PARENT & NINJA
5:30 – 6:00 PM

AVALANCHE
6:15 – 7:15 PM

TUESDAY

PARENT & NINJA
10:30 – 11:00 AM

MINI NINJA
11:00 – 11:45 AM

MINI NINJA
4:30 – 5:15 PM

PARENT & NINJA
5:15 – 5:45 PM

MINI NINJA
5:45 – 6:30 PM

WEDNESDAY

THURSDAY

SHADOW NINJA
4:15 – 5:00 PM

SHADOW NINJA
5:00 – 5:45 PM

STEALTH NINJA
5:15 – 6:00 PM

SHADOW NINJA
5:45 – 6:30 PM

STEALTH NINJA
6:00 – 6:45 PM

FRIDAY

MINI NINJA and
SHADOW NINJA
4:30 – 5:15 PM

PARENT & NINJA
5:15 – 5:45 PM

SHADOW NINJA
5:15 – 6:00 PM

STEALTH NINJA
6:00 – 6:45 PM

AVALANCHE
6:00 – 7:00 PM

SATURDAY

PARENT & NINJA
8:40 – 9:10 AM

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

MINI NINJA and
ALL AGES NINJA
10:05 – 10:50 AM

MINI NINJA
10:55 – 11:40 AM

MINI NINJA
11:45 AM – 12:15 PM

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Tuesdays & Wednesdays	Saturdays
12:00 – 1:00 PM	1:00 – 2:00 PM
Non-Members:\$12	Non-Members:\$15

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GYMNASTICS TEAM

OCTOBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 	28 Boo!! 	29 NO PRACTICE Parent Meetings 12 - 8 PM BY SIGN UP ONLY	30 NO PRACTICE	1 NO PRACTICE	2 NO PRACTICE	3 NO PRACTICE
4 NO PRACTICE	5 NO PRACTICE HAPPY LABOR DAY!	6 NO PRACTICE Plat+ / LVL 6+ 4:30-8:30 PM YMCA Gold 4:30-7:30 PM	7 NO PRACTICE	8 NO PRACTICE	9 NO PRACTICE	10 NO PRACTICE
11 ↓	12 Columbus/Indigenous peoples' day Practice Held as Usual	13 Bronze 4:30-6:30 PM Silver 5-8 PM USAG Gold/Plat 4:30-8:30 PM Boys 5:30-8:30	14 Pre-Team 4:30-5:30 PM Plat+/LVL 6+ USAG Gold/Plat 4:30-8:30 PM YMCA Gold 4:30-7:30 PM	15 Plat+ / LVL 6+ 4:30-8:30 PM Boys 5:30-8:30 PM Bronze 4:30-6:30 PM	16 USAG Gold/Plat 4:30-8:30 PM ↓	17 Silver 3:30-6:30 PM YMCA Gold 3:30-6:30 PM
18 ↓	19 ↓	20 ↓	21 ↓	22 ↓	23 ↓	24
25 ↓	26 ↓	27 ↓	28 ↓	29	30	31 

Questions? Please contact Samantha Pelletier, Team Supervisor
Office Hours: Monday to Friday 8:00 AM - 12:00 PM and 15 minutes before/after practice.