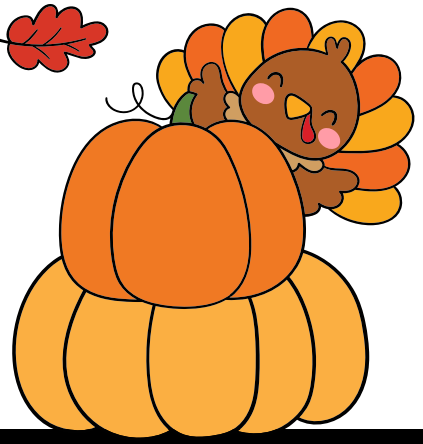
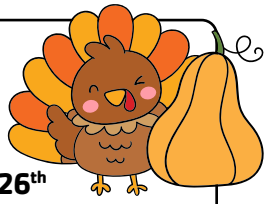
GYMNASTICS

NOVEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GYM STARZ and CLASS 1 4:30 – 5:15 PM	MOVEMENT MANIA 9:30 – 10:15 AM	JUMPERS & BUMPERS 9:30 – 10:00 AM	JUMPERS & BUMPERS 10:30 – 11:00 AM	JUMPERS & BUMPERS 4:30 – 5:00 PM	JUMPERS & BUMPERS 8:25 – 8:55 AM
TINY TUMBLERS and CLASS 2 and BEGINNER TUMBLING 5:15 – 6:00 PM	CLASS 1 4:30 – 5:15 PM	MINI TWISTERZ 10:00 – 10:45 AM	MINI TWISTERZ 11:45 – 12:30 PM	CLASS 1 4:30 – 5:15 PM	MINI TWISTERZ and CLASS 1 9:00 – 9:45 AM
INTERMEDIATE TUMBLING 6:00 – 6:45 PM	MOVEMENT MANIA 4:45 – 5:30 PM	GYM STARZ 11:00 – 11:45 AM	GYM STARZ 4:30 – 5:15 PM	MINI TWISTERZ 5:00 – 5:45 PM	MINI TWISTERZ 9:50 – 10:35 AM
CLASS 3 6:00 – 7:00 PM	CLASS 2 5:15 – 6:00 PM	MINI TWISTERZ and CLASS 1 and CLASS 2 4:30 – 5:15 PM	JUMPERS & BUMPERS 5:15 – 5:45 PM	CLASS 2 5:30 – 6:15 PM	CLASS 2 9:55 – 10:40 AM
BACK HANDSPRING 6:45 – 7:45 PM	MINI TWISTERZ 5:30 – 6:15 PM	MINI TWISTERZ and CLASS 1 5:15 – 6:00 PM	MINI TWISTERZ 5:45 – 6:30PM	GYM STARZ 5:45 – 6:30 PM	MINI TWISTERZ 10:40 – 11:25 AM
	CLASS 1 6:00 – 6:45 PM	CLASS 3 5:15 – 6:15 PM		CLASS 3 6:15 – 7:15PM	BOYS REC 11:00 – 12:00 PM
	BEGINNER TUMBLING 6:30 – 7:15 PM	CLASS 2 6:00– 6:45 PM		BOYS REC 7:00 – 8:00 PM	GYM STARZ 11:30 – 12:15 PM
		GYM STARZ 6:15 – 7:00 PM			
		CLASS 4 6:15 – 7:30 PM			
		TEENS/TWEENS 6:45 – 7:45 PM			

IMPORTANT DATES



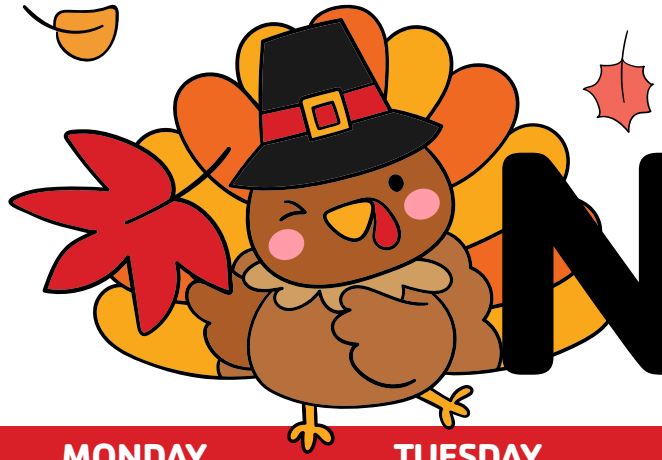
Wednesday, November 11th
Happy Veteran's Day!
Wed/Thu, November 25th & 26th
Thanksgiving Break – NO CLASSES
Thanksgiving Day Turkey Day Run

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, Recreational Gymnastics Supervisor | jrockwell@nnyymca.org | 315.755.9622



NINJA NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PARENT & NINJA 9:30 – 10:00 AM	PARENT & NINJA 10:30 – 11:00 AM		SHADOW NINJA 4:15 – 5:00 PM	MINI NINJA and SHADOW NINJA 4:30 – 5:15 PM	PARENT & NINJA 8:40 – 9:10 AM
MINI NINJA 10:00 – 10:45 AM	MINI NINJA 11:00 – 11:45 AM		SHADOW NINJA 5:00 – 5:45 PM	PARENT & NINJA 5:15 – 5:45 PM	MINI NINJA and SHADOW NINJA 9:15 – 10:00 AM
MINI NINJA 10:45 – 11:30 AM	MINI NINJA 4:30 – 5:15 PM		STEALTH NINJA 5:15 – 6:00 PM	SHADOW NINJA 5:15 – 6:00 PM	MINI NINJA and ALL AGES NINJA 10:05 – 10:50 AM
AVALANCHE 11:45 AM – 12:45 PM	PARENT & NINJA 5:15 – 5:45 PM		SHADOW NINJA 5:45 – 6:30 PM	STEALTH NINJA 6:00 – 6:45 PM	MINI NINJA 10:55 – 11:40 AM
MNI NINJA 4:45 – 5:30 PM	MINI NINJA 5:45 – 6:30 PM			AVALANCHE 6:00 – 7:00 PM	MINI NINJA 11:45 AM – 12:15 PM
PARENT & NINJA 5:30 – 6:00 PM					
AVALANCHE 6:15 – 7:15 PM					

IMPORTANT DATES

Wednesday, November 11th
Happy Veteran's Day!
Wed/Thu, November 25th & 26th
Thanksgiving Break – NO CLASSES
Thanksgiving Day Turkey Day Run

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

Pre-K PlayGroup (Under 5)
Tuesdays & Wednesdays
12:00 – 1:00 PM
Non-Members:$12

Big Kid Open Gym (5-15)
Saturdays
1:00 – 2:00 PM
Non-Members:$15

SPACE IS **LIMITED!**



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

COMPETITIVE TEAM NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 NO PRACTICE	**2** Plat+ / LVL 6+ 4:30-8:30 PM YMCA Gold 4:30-7:30 PM Pre-Team 4:30-5:30 PM	**3** Bronze 4:30-6:30 PM Silver 5-8 PM USAG Gold/Plat 4:30-8:30 PM Boys 4:30-7:30	**4** Plat+/LVL 6+ USAG Gold/Plat 4:30-8:30 PM YMCA Gold 4:30-7:30 PM Pre-Team 4:30-5:30 PM	**5** Plat+ / LVL 6+ 4:30-8:30 PM Boys 4:30-7:30 PM Bronze 4:30-6:30 PM	**6** USAG Gold/Plat 4:30-8:30 PM	**7** Silver YMCA Gold 10:00AM-1PM
8	**9**	**10**	**11** Happy Veteran's Day!	**12**	**13**	**14**
15 Abe Gabriel Men's Judges Cup Competition	**16**	**17**	**18**	**19**	**20**	**21**
22 Bars Clinic	**23** Plat+ / LVL 6+ USAG Gold/Plat 4:30-8:30 PM Pre-Team 4:30-5:30 PM	**24** Bronze 4:30-6:30 PM Silver YMCA Gold Boys 4:30-7:30 PM	**25** Plat+/LVL 6+ USAG Gold/Plat 12:00-4:00PM YMCA Gold 12:00-3:00PM	**26**	**27**	**28**
29 Tumbling Clinic	**30** Plat+ / LVL 6+ 4:30-8:30 PM YMCA Gold 4:30-7:30 PM Pre-Team 4:30-5:30 PM	**1**	**2**			

No Classes
Thursday / Friday / Saturday

HAPPY THANKSGIVING!

Join us for the 43rd Turkey Day Run on Thanksgiving Day at 9:00am!

Questions? Please contact Samantha Pelletier, Team Supervisor

Office Hours: Monday to Friday 8:00 AM – 12:00 PM and 15 minutes before/after practice.