



New 2021 Summer Schedule

(631) 205 – KIDS • (631) 205 - 5437

1145 Station Rd. • Medford NY • 11763

www.Gym-Nest.com

Fun-tastics	Tuesday	Wednesday	Thursday	Saturday
1 Hr. (5-6 yrs)	4 & 5:15	4 & 5:15	9:00	9:00 & 10:00
1- ¹ / ₂ Hr. (7yrs.+)	4 & 5:30	4 & 5:30	9 & 10:30	10-11:30
2 Hr/HS Group	5:30-7:30		10-12	
Boys Classes		4:30-5:30 1Hr (5-7 yrs.) 4:30-6 1.5Hr (7+)		

Fun-tastics: Our “Top-Notch” gymnastics program & curriculum

Gym-Nats	Tues.	Wed.	Thur.	Sat.
Parent Participation (Walkers-3Yrs)	9 AM			9 AM
Pre-School (3-5 yrs)	9:30 & 10:30 4:00	9:30 & 10:30 6:30		9 AM

Pre-School at the Gym-Nest: Innovative gymnastics for Walker to 5 yrs. old

	Monday	Tuesday	Wednesday	Thursday	Friday
Lyra	6:30 L2 & 7:30 L1				

OPEN TUMBLING

Tumbling includes: Tumbling, Drills, Conditioning, Proper Technique Training, and Endurance training;
Utilizes Floor, Tramp, Tumble Trak, Air Track, specialty mats and more!

Tumbling	6:15 – 7:30	6:15 – 7:30		6:15-7:30	
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Ninja Warrior	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
5-8 Yrs	4	4				
7-13 Yrs	5:15	5:15				

Ninja Warrior Program is designed to increase the athlete’s strength, agility, flexibility and confidence through the use of obstacles and challenges like you see on TV.

Squads/Teams	*Make your own Class*	*Call to set up a Day & Time*
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Camps Available!! Sign up Now!!

(Gymnastics or Ninja)

Includes Gymnastics, Arts & Crafts, Several Other Sports & Activities, Snacks, Obstacle course, Games and Fun!

Camp & Summer Sessions Begin July 5th!