



Gymnastics & Tumbling

September 2, 2024 to June 21, 2025

973-246-8353

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www.meadowlandsgym.com

CLASS	AGE	CLASS LENGTH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tiny Town Parent Participation 18 mo - 3 yrs	18 mo - 3 yrs OR coach recommendation	45 min			10:00	10:00		9:00
Little Stars	3-4 1/2 yrs OR coach recommendation	60 min	4:00, 6:30	4:00, 5:15 6:30	11:00 4:00, 5:15 6:30	11:00 4:00, 5:15 6:30	4:00, 5:15, 6:30	9:00, 10:15,11:30
Super Star Girls	4 1/2- 5 yrs OR coach recommendation	60 min	4:00, 5:15, 6:30	4:00, 6:30	4:00, 5:15 6:30	4:00, 5:15, 6:30	4:00, 5:15, 6:30	9:00, 10:15, 11:30, 12:45
Super Star Boys	4 1/2 - 5 yrs	60 min	5:15	6:30		4:00	5:15	10:15
*Advanced Super Star Girls Recommendation ONLY	4-5 yrs	60 min		5:15			6:30	11:30
Toddler Open Play \$25/class (drop in)	18 mo-4 yrs	60 mins						
HOMESCHOOL Call to schedule your private class!	All ages!							
Girls 1	1st-3rd Grade	60 min	4:00, 5:15, 6:30, 7:40	4:00, 5:15, 6:30, 7:40	4:00, 5:15, 6:30, 7:40	4:00, 5:15 6:30, 7:40	4:00, 5:15, 6:30, 7:40	9:00, 10:15, 11:30,12:45
Girls 1 + Recommendation ONLY	1st-3rd Grade	60 min	4:00	5:15	5:15	4:00	6:30	11:30
Girls 2	4th-6th Grade	60 min	6:30	4:00, 5:15 7:40	5:15	7:40	4:00, 6:30, 7:40	10:15, 12:45
Girls 2+ Recommendation ONLY	4th & 6th Grade	60 min		6:30	6:30	5:15		
Girls 3 Recommendation ONLY	1st-3rd Grade	60 min	5:15	5:15	5:15	7:40		12:45
Girls 4 Recommendation ONLY	4th-6th Grade	60 min	7:40	7:40	6:30	5:15		12:45
Advanced Gymnastics Recommendation ONLY	7-13 yrs	90 min			7:30			
Girls Teen Gym	7th grade- High School	90 min					7:30	
Boys 1	1st-3rd Grade	60 min		4:00, 6:30	4:00	6:30	5:15	
Boys 2	4th Grade & up	60 min				7:40		
Advanced Boys Recommendation ONLY	7 - 17 yrs	90 min			5:45			
Mini Tumbling	4 1/2-6 yrs	60 min			4:00			10:15
Beginner Tumbling	7 - 17 yrs	60 min						11:30
Intermediate Tumbling Recommendation ONLY	7 - 17 yrs	60 min	6:30					
Advanced Tumbling Recommendation ONLY	7 - 17 yrs	60 min			7:40			
Top Flight Recommendation ONLY	7-17 yrs	90 min			7:40			
Open Tumbling- All Levels \$28	7-17 ys	60 min						12:45
Adult Gymnastics	18+	60 min	8:00					

Updated 10/15/2024

69 Route 17S, Hasbrouck Heights, NJ 07064