



# Gymnastics & Tumbling

September 5, 2023 to June 28, 2024

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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			9:00
Little Stars	3 - 4 1/2 yrs OR coach recommendation	60 min	6:30	4:00, 5:15 6:30	11:00, 12:15 4:00, 5:15, 6:30	10:15 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, 6:30	4:00, 5:15, 6:30,	4:00, 5:15	9:00, 10:15, 11:30, 12:45
Super Star Boys	4 1/2 - 5 yrs	60 min	5:15	6:30		4:00		10:15
*Advanced Super Star Girls Recommendation ONLY	4-5 yrs	60 min		5:15				
*Shining Stars-Girls Recommendation ONLY	4-5 yrs	60 min 2x per week	4:00		4:00			
Toddler Open Play \$30/class (drop in)	18 mo - 4 yrs	90 mins				11:30		
HOMESCHOOL Call to schedule your private class!	All ages!							
Girls 1	1st-3rd Grade	60 min	4:00, 5:15, 6:30	4:00, 5:15, 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	6:30	4:00, 7:40		11:30
Girls 2	4th-6th Grade	60 min		4:00, 5:15 6:30, 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		12:45
Girls 3 Recommendation ONLY	1st-3rd Grade	60 min	5:15	5:15	5:15			
Girls 4 Recommendation ONLY	4th-6th Grade	60 min	4:00	7:40	6:30	5:15		
Girls 5 Advanced Gymnastics Recommendation ONLY	7-11 yrs	90 min	6:30					
Girls 6 Advanced Gymnastics Recommendation ONLY	12-15 yrs	90 min				6:30		
Girls Teen Gym	7th grade- High School	90 min					7:30	
Boys 1	1st-3rd Grade	60 min		4:00	4:00	6:30	5:15	
Boys 2	4th Grade & up	60 min				7:40		
Boys 3/4 Recommendation ONLY	7 & up	90 min			7:30			
Boys- CLUB TRACK	7 & up				7:30		7:30	
Mini Tumbling	4 1/2-5 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	7:00					
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 COMING SOON	18+	60 min						