



Gymnastics & Tumbling

September 5, 2022 to June 24, 2023

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			9:00
Toddler 1	3-4 1/2 yrs OR coach recommendation	60 min	6:30	5:15	11:00, 12:15 4:00	, 4:00, 5:15	4:00, 5:15, 6:30	9:00, 11:30
Toddler 2 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, 6:30	9:00, 10:15, 11:30, 12:45
*Toddler Girls Advanced	3 1/2 - 5 yrs	60 min			5:15			
Toddler 2 Boys	4 1/2 - 5 yrs	60 min	5:15	6:30		4:00		10:15
Girls 1	1st-3rd Grade	60 min	4:00, 6:30, 7:30	4:00, 5:15, 7:30	4:00, 5:15, 6:30, 7:30	4:00, 6:30, 7:30	4:00, 5:15, 6:30, 7:30	9:00, 10:15, 11:30,12:45
*Girls 1 +	1st-3rd Grade	60 min	4:00	5:15	6:30	4:00, 7:30		11:30
Girls 2	4th-6th Grade	60 min		6:30, 7:30	4:00, 5:15	7:30	7:30	10:15, 12:45
*Girls 2+	4th & 6th Grade	60 min	7:30	6:30	7:30		4:00	12:45
*Girls 3	1st-3rd Grade	60 min	5:15	5:15	5:15	6:30		
*Girls 4	4th-6th Grade	60 min	4:00	7:30	6:30	5:15		
*Girls 5/6 Advanced Gymnastics	1st-6th Grade	90 min		6:30				
Girls Teen Gym	7th grade- High School	90 min					7:30	
Boys 1	1st-3rd Grade	60 min		4:00	5:15	6:30	5:15	
Boys 1+	1st-3rd Grade			4:00				
Boys 2	4th Grade & up	60 min			7:30			
*Boys 3 Advanced Gymnastics	1st-3rd Grade	60 min	6:30					
*Boys 4 Advanced Gymnastics	4th Grade & up	60 min	7:30					
Beginner Tumbling	7 - 17 yrs	60 min						12:45
*Intermediate Tumbling	7 - 17 yrs	60 min	7:30					
*Advanced Tumbling	7 - 17 yrs	60 min			7:30			
*Top Flight	7-17 yrs	60 min			7:30			

*Recommendation Only

Updated 8/21/22

69 Route 17, Hasbrouck Heights, NJ 07064