



Gymnastics & Tumbling

info@meadowlandsgymnastics.com

September 6, 2021 to June 25, 2022

973-246-8353

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			9:30		10:30	9:00
Toddler 1	3-4 1/2 yrs OR coach recommendation	45 min		3:45	9:30 5:00		10:30 6:15	9:00
Toddler 2 Girls	4 1/2- 5 yrs OR coach recommendation	60 min	5:00	6:15	3:45	5:00	12:30 3:45	10:15 11:30 12:45
*Toddler Advanced	3 1/2 - 5 yrs	60 min		3:45	5:00			
Toddler 2 Boys	4 1/2 - 5 yrs	60 min	5:00	6:15	3:45		3:45	
HOMESCHOOL-Private Class		60 min			10:30			
Girls 1	1st-3rd Grade	60 min	3:45 6:15	5:00	7:30	5:00 6:15	3:45 5:00 7:30	10:15 11:30
*Girls 1 +	2nd-3rd Grade	60 min	3:45 5:00			5:00 6:15		11:30
Girls 2	4th-6th Grade	60 min		5:00 6:15	6:15	3:45 7:30	7:30	11:30, 12:45
*Girls 2+	5th & 6th Grade	60 min			6:15	7:30		11:30
*Girls 3	1st-3rd Grade	60 min			6:15	3:45		12:45
*Girls 4	4th-6th Grade	60 min		7:30		3:45	7:30	12:45
*Girls 5/6 Advanced Gymnastics	1st-6th Grade	90 min		7:30		7:30		
Girls Teen Gym	7th grade- High School	90 min					7:30	
Boys 1	1st-3rd Grade	60 min		7:30	3:45		3:45 5:00	10:15
Boys 2	4th Grade & up	60 min			7:30	7:30		
*Boys 3/4 Advanced Gymnastics	1st-6th Grade	90 min	7:30					
Beginner Tumbling	7 - 17 yrs	60 min						12:45
*Intermediate Tumbling	7 - 17 yrs	60 min	7:30					
*Advanced Tumbling/Top Flight	7 - 17 yrs	60 min			7:30			
Junior Ninja	5-7 yrs	60 min	4:00, 5:15	4:00, 5:15 6:30	4:00, 5:15 6:30	4:00, 5:15 6:30	4:00, 6:30	9:30, 10:45 12:00
Level 1 Ninja	7-11 yrs	60 min	4:00, 5:15	4:00, 5:15 6:30	4:00, 5:15 6:30	4:00, 5:15 6:30	4:00, 5:15 6:30	9:30, 10:45 12:00
*Level 2 Ninja	7 - 17 yrs	90 min	6:30	6:00		4:00	6:30	
Teen Ninja	12-17yrs	60 min		7:45				
Family Ninja	4 & up w/ Parent!	45 min						9:00
*OPEN NINJA WORKOUT \$25/athlete	5 - 17 yrs	120 min						1:00

*Recommendation Only

Updated Session 4 2/21/22

69 Route 17, Hasbrouck Heights, NJ 07064