

## Membership Fees:

**Class Students:** \$40 each annually

### Ninja Zone Students:

**New:** \$60 (includes uniform kit)

**Renewal:** \$40 annually

*(\$95 cap per family)*

## Class Costs:

### **\*\*NEW THIS YEAR\*\***

**Enroll your child for 1, 2, or ...**

**ALL 3 sessions at registration!**

(Eliminating the need to re-enroll at the end of each session)

1 Session (12 weeks of classes)	Bunny Tots (50 mins)	1 Hour	1-1/4 Hour
1 Session Paid In Full	\$225	\$273	\$282
2 Sessions Paid In Full	\$450	\$546	\$564
3 Sessions Paid In Full	\$675	\$819	\$846
AutoPay*	\$75	\$91	\$94

\*With AUTOPAY, you make equal/monthly payments to a credit/debit card **kept on file**. Payments are billed on the 23rd of each month

- Add a second class for \$150 more/session!

### Multiple Student Discount Available (for full sessions if paid in full)

- 2 Children - \$40 off total
- 3 Children - \$50 off total
- 4 Children - \$75 off total

## Other programs offered include:



**Gym N' Learn  
Pre-School**



**Birthday Parties**



**Parent's Night Out**



**Private Lessons**



**Fitastics  
Special Needs**

## Competitive Teams

Gold Medal Training Teams  
 USAG Girls Silhouettes  
 USAG Boys Shadows  
 USAIGC Girls Silhouettes

# Class Schedule 2018-2019



**Higher, Faster, Stronger!  
Start Here, Go Anywhere!**

**Fall:** Sept 6th-Dec 1st

**Winter:** Dec 3rd-March 9th

**Spring:** March 11th-June 8th

### **\*\*NEW THIS YEAR\*\***

**Enroll your child for 1, 2, or...  
ALL 3 sessions at registration!**

(Eliminating the need to re-enroll at the end of each session)

4 Gold Mine Rd • Flanders, NJ 07836  
 973-347-2771 • csgymnasticsinc@gmail.com  
 www.csgymnasticsinc.com  
 facebook.com/csgymnastics

## Pre-School Gymnastics (Ages 18 months - 3 years) Boys & Girls

**Bunny Tots - Ages 18 months - 3 yrs (50 Min)**  
Teacher led with Parent/Child Interaction

Thursday	9:30
Friday	10:40
Saturday	9:30

**Bouncin' Bunnies - Ages 3-4 (1 Hr)**

Tuesday	9:30, 5:15
Thursday	5:00
Friday	9:30
Saturday	10:00

**Rompin'Rabbits - Ages 5-6 (1 Hr)**

Tuesday	9:30, 6:15
Wednesday	5:00
Thursday	4:00
Friday	4:00**
Saturday	9:00

## Additional Classes

**Gold Medal Girls 5-7yrs Team Prep (1 Hr)**

Monday	Level 1 5:00
Saturday	Level 1-2 1:00

**Homeschool Fitness Ages 6-12 (1 Hr)**

Mon & Fri	**CALL TO SCHEDULE**
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**Fitastics (Special Needs) - (45 Minutes)\***

\*\*CALL TO SCHEDULE AN INITIAL CONSULT\*\*

## Girls Gymnastics (Ages 7+)

**Girls Level 1 & 2 (1.25 Hrs)**

Monday	4:00, 6:15
Tuesday	4:00
Wednesday	6:00
Friday	5:00
Saturday	11:00

**Girls Level 2+ Inter. - Adv. (1.25 Hrs)**

Tuesday	7:15**
Thursday	6:00

**Girls Tumbling (1 Hr)**

Monday	5:15 (Level 1&2)
Tuesday	4:00 (Level 1)
Thursday	7:15 (Level 1 & 2)
Friday	6:00 (Level 2+)

**Bunny Tots:** Adult/child class (ages 18 mos to 3 yrs) CO-ED  
Parent assisted - Teacher Led, Fun & Safe Circuits, Engaging  
with peers, Building agility and confidence.

**Bouncin Bunnies** (3-4 yrs) **Rompin Rabbits** (5-6 yrs)  
Experience fun while learning safely. Gain proficiency on the  
tumbling shapes, low beams, trampoline, spring boards, and  
low bars. **\*\*Activities are based on age and ability\*\***

**Girls Level 1:** Entry level, with minimal experience on  
equipment

**Girls Level 2:** Prerequisites include: Handstand, Bridge to  
Kickover on hill, Pullover on bar from block

**Girls Level 3:** Prerequisites include: Back handspring with  
spot, 3 chin ups, Handstand-flat back vault

**Tumbling Level 1 & 2:** Focus on strong basic skills &  
handspring drills

**Tumbling Level 3 & 4:** Focus on connecting skills and flight  
elements.

**Lil Ninja & Ninja Zone:** For BOYS! Blend of Obstacle  
courses, Tumbling skills, Strength training, & Martial arts.  
Escape & chase strategies, Ninja Values & Life skills.

**Boys Gymnastics:** Ages 7+. Continuation of Ninja Training,  
Increased skills & techniques on Mens' equipment /competitive  
events. (Call for more details)

## Boys Ninja Zone & Gymnastics Classes (Ages 4+)

**Boys Lil' Ninjas Ages 4-6 (1 Hr)**

Tuesday	1:00
Wednesday	4:30, 5:30
Thursday	4:30
Friday	5:30

**Boys Ninja Zone Ages 7-13 (1 Hr)**

Monday	4:30 (white), 5:30 (yellow)
Wednesday	6:30
Thursday	5:30
Friday	4:30

**Boys Gymnastics Ages 8+ (1 Hr)**

Friday	6:30
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## We also offer...

- **Open Play** w/Parent for groups, 1-5 yrs  
(call to schedule your group's session)
- **Open Gym** - (Ages 7-22) Friday 7-9PM
- **Private or Semi-Private Lessons**  
(call to set your appointment)
- **Arya Dance Academy**  
Tuesday evenings 4:30-8:30  
Class times are by age
- **Parties/ Special Events**  
Birthday, End of Season, Girl Scout  
Badges, or just to Celebrate!  
Sunday 1:00; 2:30 or 4:00 Sept—June  
(Call for times July/August)

(see individual brochures for more details)

**Class minimum = 3 students**  
**All Classes staffed based on enrollment**