

2009-2010 ROCKLAND GYMNASTICS Class Schedule

"Building Confidence and Self-Esteem One Child At A Time"

134 West Nyack Rd* Nanuet, NY 10954

845-624-4056 or email rkgym@aol.com

www.rocklandgymnastics.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Mom & Tot (1 1/2 -3) 9:30am-10:15am
Cosmic Bears (Ages 3-4) 10:15am-11:00am	Mom & Tot (1 1/2-3) 10:15am-11:00am	Mom & Tot (1 1/2-3) 10:15am-11:00am	Thunder Cats (Ages 4-5) 10:15am-11:00am	Mom & Tot (1 1/2-3) 10:15am-11:00am	Cosmic Bears (Ages 3-4) 10:15am-11:00am
Thunder Cats (Ages 4-5) 11:00am-11:45pm	Thunder Cats (Ages 4-5) 11:00am-11:45pm	Thunder Cats (Ages 4-5) 11:00am-11:45pm	Cosmic Bears (Ages 3-4) 11:00am-11:45pm	Thunder Cats (Ages 4-5) 11:00am-11:45pm	Thunder Cats (Ages 4-5) 10:15am-11:00am
Thunder Cats (Ages 4 -5) 1:00pm-1:45pm	Cosmic Bears (Ages 3-4) 1:00pm-1:45pm	Cosmic Bears (Ages 3-4) 1:00pm-1:45pm	Thunder Cats (Ages 4 -5) 1:00pm-1:45pm	Thunder Cats (Ages 4 -5) 1:00pm-1:45pm	Five Alive (Kindergarten) 10:15am-11:15pm
Cosmic Bears (Ages 3-4) 1:45-2:30pm	Thunder Cats (Ages 4-5) 1:45-2:30pm	Thunder Cats (Ages 4-5) 1:45-2:30pm	Cosmic Bear (Ages 3-4) 1:45-2:30pm	Cosmic Bears (Ages 3-4) 1:45-2:30pm	Alpha 1 (Ages 6+) 11:00am-12:15pm
Cheer Tumbling 3:15pm—4:15pm	Cheer Tumbling 3:15pm—4:15pm	Cheer Tumbling 3:15pm—4:15pm	Cheer Tumbling 3:15pm—4:15pm	Cheer Tumbling 3:15pm—4:15pm	Alpha II (Ages6+) 11:00am-12:30pm
Cosmic Bears (Ages 3-4) Thunder Cats (Ages 4-5) 4:00pm-4:45pm	Cosmic Bears (Ages 3-4) Thunder Cats (Ages 4-5) 4:00pm-4:45pm	Cosmic Bears (Ages 3-4) Thunder Cats (Ages 4-5) 4:00pm-4:45pm	Cosmic Bears (Ages 3-4) Thunder Cats (Ages 4-5) 4:00pm-4:45pm	Cosmic Bears (Ages 3-4) Thunder Cats (Ages 4-5) 4:00pm-4:45pm	Star (Ages 6+) 11:00am-1:00pm Cheer Tumbling 11:00am-12:00pm
Five Alive (Kindergarten) 4:00pm-5:00pm	Five Alive (Kindergarten) 4:00pm-5:00pm	Five Alive (Kindergarten) 4:00pm-5:00pm	Five Alive (Kindergarten) 4:00pm-5:00pm	Five Alive (Kindergarten) 4:00pm-5:00pm	Birthday Parties Saturday (1:00pm, 2:45, 4:30pm) Sunday (11:00am, 12:45pm, 2:30:00pm & 4:15pm) OPEN WORKOUTS WILL BE AVAILABLE BASED ON DEMAND www.rocklandgymnastics.com
Alpha 1 (Ages 6+) 4:15pm-5:30pm	Alpha 1 (Ages 6+) 4:15pm-5:30pm	Alpha 1 (Ages 6+) 4:15pm-5:30pm	Alpha 1 (Ages 6+) 4:15pm-5:30pm	Alpha 1 (Ages 6+) 4:15pm-5:30pm	
Alpha II (Ages6+) 5:15pm-6:45pm	Alpha II (Ages6+) 5:15pm-6:45pm	Alpha II (Ages6+) 5:15pm-6:45pm	Alpha II (Ages6+) 5:15pm-6:45pm	Alpha II (Ages6+) 5:15pm-6:45pm	
Alpha 1 (Ages 6+) 5:15pm-6:30pm	Alpha 1 (Ages 6+) 5:15pm-6:30pm	Alpha 1 (Ages 6+) 5:15pm-6:30pm	Alpha 1 (Ages 6+) 5:15pm-6:30pm	Alpha 1 (Ages 6+) 5:15pm-6:30pm	
Star 5:15pm-7:15pm	Star 5:15pm-7:15pm	Star 5:15pm-7:15pm	Star 5:15pm-7:15pm	Star 5:15pm-7:15pm	
Cheer Tumbling 5:00pm-6:00pm 6:00pm-7:00pm	Cheer Tumbling 5:00pm-6:00pm 6:00pm-7:00pm	Cheer Tumbling 5:00pm-6:00pm 6:00pm-7:00pm	Cheer Tumbling 5:00pm-6:00pm 6:00pm-7:00pm	Cheer Tumbling 5:00pm-6:00pm 6:00pm-7:00pm	

***D'ont forget to book
your birthday party
Gymnastics*Sports*Cheer party***