

# 2008-2009 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+) 11:00pm-12:30pm  Cheer Tumbling 11:15am-12:15am
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
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	<b>Birthday Parties</b> <b>Saturday</b> (1:00pm, 2:45, 4:30pm)  <b>Sunday</b> (11:00am, 12:45pm, 2:30:00pm & 4:15pm)  <b>OPEN WORKOUTS</b> WILL BE AVAILABLE BASED ON DEMAND <a href="http://www.rocklandgymnastics.com">www.rocklandgymnastics.com</a>
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	
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**