



Summertime 2009 Class & Camp

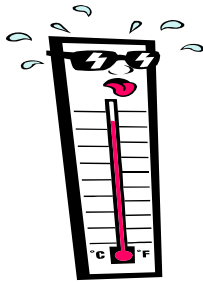
Air Conditioned

134 West Nyack Rd | Nanuet | NY
845 | 624 | 4056

ROCKLAND GYMNASTICS ACADEMY
134 WEST NYACK RD
NANUET, NY 10954
845-624-4056
914-624-4056
www.rocklandgymnastics.com

- TODDLERS
- PRESCHOOL
- RECREATIONAL
- COMPETITIVE TEAM
- CHEERLEADING
- TRAMPOLINE
- BIRTHDAY PARTIES
- YOUTH FITNESS

*“We develop confidence and self-esteem **One** child at a time!”*



Cooltime summertime FUN

Air-Conditioned Facility

Summer 2009 Program

Summer Classes

Mom & Tot - Me & My Shadow/Jolly Jumpers

A class for parent/care giver and child to have a positive experience together. Emphasis is on building listening skills as well as building confidence and motor skills.

Preschool Gymnastics (3-5)

A fun filled gymnastics experience utilizing movement education and childhood games in developing fundamental motor skills. We give each child great confidence to meet the challenges of following multi-directional tasks and mastering simple challenging movement combination. Through the mastery of skills, use of equipment and positive experiences each

Play & Stay (3-5)

The play and stay program is a two hour program that offers children gymnastics, music, arts & craft, story time and more!

1/2 & Full Day Summer Camp (5-15)

Our 1/2 & Full Day Summer Camp provide an opportunity for children ages 5 to 15 to experience a summer of fun and fitness through our exciting curriculum of physical activities as well as to explore and learn through creative and educational projects. Children will also receive juice and snacks. Children are supervised by our safety certified staff every step of the way, in our state of the art gymnastics center..

Cheerleading Camp (6-16)

The cheerleading camp combines tumbling, trampoline, flexibility and strength training for the enhancement of basic and advance skills relevant to succeeding incheerleading. A special emphasis will be given to synchronization, motion technique and stunt transition. ASK FOR DETAILS....

Monday	Tuesday	Wednesday	Thursday	Friday
10:15 - 11:00 Mom & Tot	10:15 - 11:00 3 - 5 year	10:15 - 11:00 3 - 5 years	10:15 - 11:00 Mom & Tot	10:15 - 11:00 Mom & Tot
11:00 - 11:45 3-5 years	11:00 - 11:45 Mom & Tot	11:00 - 11:45 3 - 5 year	11:00 - 11:45 3 - 5 year	11:00 - 11:45 Mom & Tot
1:00 - 1:45 Mom & Tot	1:00 - 1:45 3 - 5 years	1:00 - 1:45 Mom & Tot	1:00 - 1:45 3 - 5 years	1:00 - 1:45 3 - 5 years
2:00 - 2:45 3 - 5 years	2:00 - 2:45 Mom & Tot	2:00 - 2:45 3 - 5 years	2:00 - 2:45 3 - 5 years	2:00 - 2:45 Mom & Tot

Recreational Gymnastics (6-15)

A fun introduction to basic and complex gymnastics skills with an emphasis on coordination, strength and confidence building. Classes are conducted in a "friendly" non-competitive atmosphere.

Monday	Tuesday	Wednesday	Thursday	Friday
	4:00 - 5:00 Beginner	4:00 - 5:00 Intermediate	4:00 - 5:00 Beginner	
5:15 - 6:30 Beginner Intermediate	5:15 - 6:30 Beginner Intermediate	5:15 - 6:30 Beginner Intermediate	5:15 - 6:30 Beginner Intermediate	

Flexible days & times to fit your summer time needs!
If you have a play group we can schedule you some time.