

Birthday Parties

Enjoy exclusive use of our new 15,000 square foot, state-of-the-art gymnastics center and join us for the most awesome birthday parties where the fun and excitement never ends!

Jump on our in-ground trampoline and on our 2 Tumble Traks, swing on our ropes, climb and tumble through our obstacle course, play in one of Connecticut's largest loose foam pits and best of all join us in our parachute games!

Our parties are 1½ hours long and are held on Saturdays and Sundays throughout the year! Check our website or call our Birthday Party Director, Lori Brin for more details!

Preschool Gymnastics Classes

12 Week program beginning the week of Sept. 7th

Stay & Play

Younger children may accompany older children if they are in a stroller or infant carrier, free of charge.

(18-24 months old, parent participation class)

Tuesday 9:10-9:55

Thursday 9:10-9:55

Friday 10:25-11:10

Come with Me

Younger children may accompany older children if they are in a stroller or infant carrier, free of charge.

(Ages 2 -3½ must be accompanied by an adult)

Monday 9:10-9:55

Wednesday 9:10-9:55

Friday 10:25-11:10

Star Gazers (Ages 3 ½ - 4 ½ beginners)

Monday 10:00-10:45, 10:55-11:40, 12:50-1:35, 1:45-2:30

Tuesday 10:00-10:45, 1:00-1:45, 1:55-2:40

Wednesday 10:00-10:45, 10:55-11:40, 12:50-1:35

Thursday 1:00-1:45, 1:55-2:40

Friday 9:30-10:15

Saturday 8:30-9:15, 9:20-10:05

Star Catchers (Ages 4 ½ - 6 beginner/intermediate)

Monday 10:00-10:45, 12:50-1:35

Tuesday 10:00-10:45, 10:55-11:40, 1:00-1:45, 1:55-2:40

Wednesday 10:00-10:45, 12:50-1:35, 1:45-2:30

Thursday 10:00-10:45, 1:00-1:45, 1:55-2:40

Friday 9:30-10:15

Saturday 8:30-9:15, 9:20-10:05

Afternoon Star Catchers (1 hour class)

(Ages 4 ½ - 6 beginner/intermediate)

Tuesday 4:10-5:10

Wednesday 4:10-5:10

Friday 4:10-5:10



Preschool Gymnastics Classes

12 Week program beginning the week of Sept. 7th

Blazing Stars

This is an invitation only class for 4 to 5 ½ year old gymnasts who show the potential to excel through our advanced gymnastics programs, such as Eclipse and Shooting Stars. This class focuses on strength, balance, flexibility and form.

Monday and Wednesday 1:45-2:45

Cheernastics (Ages 3 ½ - 6)

This is an introductory class for the novice Cheerleader. This class will concentrate on Tumbling skills such as Cartwheels, Handstands, Round-offs and Splits. We will also be introducing some basic cheers. This is a great class for your future Cheerleader.

Thursday 10:00-10:45

>>OPEN GYM<<

FREE for all Next Dimension Gym Members ages 2-6 that are **currently enrolled in a class**. This is an Open Gym time to enjoy Connecticut's largest and most exciting Gymnastics Center. Children must be supervised by an adult at all times.

Thursday 12:00-12:45

(\$60 per session for gymnasts not currently enrolled)

100% Tuition-Back Guarantee for 1st time

students only: If for any reason you or your child does not want to continue, we will gladly refund your money before their second class. Please see the front desk for a refund form. In addition, we will gladly accommodate class change requests as long as a vacancy exists.

No refunds or credits will be given for dropping a

class: Once a session has begun, regardless of attendance, you are in the class for the entire term, except for Medical reasons. Next Dimension Gymnastics reserves the right to terminate membership at any time.



****INFLATTABLES NOW AVAILABLE****

Ask for more details.



After-School Girls Recreational Gymnastics Classes

12 Week program beginning the week of Sept. 7th

First Dimension (Beginner)

Ages 6 and up

Monday 4:10-5:10

Tuesday 4:10-5:10

Wednesday 4:10-5:10

Thursday 6:00-7:00

Friday 4:10-5:10

Saturday 10:15-11:15, 11:25-12:25

Ages 10+

Thursday 7:15-8:15

Second Dimension (Intermediate)

Ages 7 and up

Monday 5:30-7:00

Tuesday 5:20-6:50

Wednesday 5:30-7:00

Thursday 4:10-5:40

Friday 5:30-7:00

Saturday 11:25-12:55

Third Dimension (Advanced)

Ages 7 and up

Monday 5:30-7:30

Tuesday 5:20-7:20

Wednesday 5:30-7:30

Thursday 4:10-6:10

Saturday 10:15-12:15

Cheer Tumbling

Ages 5-9 (All Levels)

Monday 4:10-5:10

Tuesday 4:10-5:10

Ages 10+ (All Levels)

Monday 7:15-8:15PM

Tuesday 7:00-8:00PM

Wednesday 7:15-8:15PM



<> Eclipse Program <> **Groups are for girls and by invitation only.**

1st <>Eclipse<>

Monday 4:10-5:40

Wednesday 5:30-7:00

Friday 4:10-5:40

<>Eclipse<>

Monday 5:30-7:30

Wednesday 5:30-7:30

Thursday 4:10-6:10

Friday 5:30-7:30

(Gymnasts must attend two days a week)

September thru June commitment

Call Jessica for more information

4th Dimension (Pre-team)

Invitational Class

September thru June commitment

Call Jessica for more information



Boys Recreational Gymnastics Classes

First Dimension Boys (Beginner)

Ages 6 and up

Wednesday 4:10-5:10

Friday 4:10-5:10

Second Dimension Boys (Intermediate)

Ages 7 and up

Monday 5:30-7:00

Third Dimension Boys (Advanced/Pre-Team)

Ages 7 and up

Friday 5:30-7:30PM

Prices do not include yearly registration fee.
(Based on school year)
1st child \$35.00, 2nd child \$30.00
Family membership \$75.00 (3 or more children)



FALL SESSION

Begins September 7th



**Connecticut's Largest Gymnastics
Training Facility!**

Now Offering:

September thru June convenient
payment plan

Hassle free registration for the entire
season. See front desk for details.

**25 Lindeman Dr.
Trumbull, CT 06611
203-372-3222
www.NDGymnastics.com**