

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 Saturday's and Sunday's throughout the year! Check our website or call our Birthday Party Director, Lori Brin for more details!

****INFLATTABLES NOW AVAILABLE****
Ask for more details.



****Adult Classes****

12 Week program beginning the week of March 22nd

Work it Out (Adult fitness class) All levels

The classes will be a combination of aerobic fitness & strength training. Class will be taught by certified personal trainer Anna Mazza.

Thursday 9:15-10:00AM

Fee \$120.00

Adult Open Gym (Ages 18+) All levels

Who says you can't act like a kid again? Don't miss out on the fun as classes are growing every session.

Tuesday 7:45-8:45PM

Fee \$10.00 per class

Preschool Gymnastics Program

12 Week program beginning the week of March 22nd
Fee: \$202.00 (Unless otherwise noted)

Stay and 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 9:30-10:15

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 9:30-10:15

Wednesday 10:10-10:55

Star Brights

(Ages 3 ½ -4 must be able to attend class without an adult in the gym)

Monday 10:30-11:15

Wednesday 9:15-10:00

Friday 10:15-11:00

Star Gazers (Ages 3 ½ - 4 ½ beginners)

Monday 10:30-11:15, 1:00-1:45

Tuesday 10:30-11:15

Wednesday 9:15-10:00, 11:00-11:45

Thursday 11:00-11:45, 1:00-1:45

Friday 9:15-10:00, 10:15-11:00

Saturday 8:30-9:15

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

Monday 1:00-1:45

Tuesday 10:30-11:15

Wednesday 11:00-11:45, 1:15-2:00

Thursday 11:00-11:45, 1:00-1:45

Friday 9:15-10:00

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

Lightnin' Boltz (Boys 4-6)

Basic introduction to boy's gymnastics

Tuesday 2:10-2:55



Preschool Gymnastics Program

12 Week program beginning the week of March 22nd
Fee: \$202.00 (Unless otherwise noted)

Home School Classes (Ages 4-7)

Our Home School class is designed to improve the health and fitness of your child. We recognize the need for the home schooled children to fulfill their Physical Education requirements

Thursday 11:50-12:35

Rising Stars

(5 year + Intermediate/Advanced)

This class is designed for the student with at least two consecutive years of instruction and is ready for a slightly more advanced curriculum

Tuesday 1:00-2:00

Thursday 9:00-10:00

Fee: \$240.00

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 Thursday 1:45-2:45

Fee: \$325.00

Cheernastics (Ages 4-6)

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 10:10-10:55

Fee: \$202.00

>>OPEN GYM<<

FREE for all Next Dimension Gym Members age 2-5 who 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.

Wednesday 2:15-3:00

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

After-School Girls Recreational gymnastics program

12 Week program beginning the week of March 22nd

First Dimension (Beginner)

Ages 6 and up
Monday 4:10-5:10
Tuesday 4:00-5:00
Wednesday 4:00-5:00, 5:15-6:15, 6:30-7:30
Thursday 5:45-6:45
Friday 4:10-5:10
Saturday 10:15-11:15, 11:25-12:25
Fee: \$240.00

Second Dimension (Intermediate)

Ages 7 and up
Monday 5:30-7:00
Tuesday 4:00-5:30
Wednesday 6:30-8:00
Thursday 4:10-5:40
Friday 5:30-7:00
Saturday 11:25-12:55
Fee: \$327.00

Third Dimension (Advanced)

Ages 7 and up
Wednesday 5:30-7:30
Thursday 4:10-6:10
Fee: \$363.00

Cheer Tumbling (Ages 10+)

Advanced/Beginners
Monday 7:15-8:15PM
Advanced/Beginners
Wednesday 8:10-9:10PM
Fee: \$240.00

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.

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

1st <>Eclipse<>

Monday 4:10-5:40
Wednesday 4:00-5:30
Friday 4:10-5:40
Fee: \$327.00

2nd <>Eclipse<>

Monday 5:30-7:30
Friday 5:30-7:30
Fee: \$363.00

3rd <>Eclipse<>

Tuesday 5:40-7:10 **AND**
Thursday 6:15-7:45
(Gymnasts must attend both days)
Fee: \$472.00

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 4:00-5:00, 5:15-6:15
Friday 4:10-5:10
Fee: \$240.00

Second Dimension Boys (Intermediate)

Ages 7 and up
Monday 5:30-7:00PM
Fee: \$327.00

Third Dimension Boys (Advanced/Pre-Team)

All Ages
Friday 5:30-7:30PM
Fee: \$363.00

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)



SPRING SESSION

Begins March 22nd



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

**FREE TRIAL
CLASS COUPON**

**CALL TO SCHEDULE TODAY
FOR NON-MEMBERS ONLY**

**2 Payment plan now available
See Diane at our front desk for more information**

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