

# 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!



**\*\*INFLATABLES NOW AVAILABLE\*\***  
Ask for more details.

# Preschool Gymnastics

Ages 6 months – 3 ½ years

## **Please note:**

All classes for ages 6 months – 3 ½ years old are parent participation classes. Younger children may accompany older children if they are in a stroller or infant carrier, free of charge.

## **\*NEW\* Explorers**

(6-12 months old)

Celebrate your child's emerging cognitive awareness. Our friendly and experienced staff will guide you and your child through age appropriate lessons in a safe, unrestricted environment designed for exploration.

Tuesday 10:10-10:50

Friday 9:20-10:00

**Fee: \$217 a session**

## **\*NEW\* Adventurers**

(12-24 months old)

Children and their parent will explore movement and gymnastics with the guidance of our friendly, experienced staff. Our safely designed gym allows children the opportunity to socialize and play while developing their balance, body awareness, coordination, self-esteem and joy of physical movement.

Thursday 9:30-10:10

**Fee: \$217 a session**

## **Come with Me**

(Ages 2 -3½ years old)

Tuesday 9:15-10:00

Thursday 10:25-11:10

Friday 10:15-11:00

**Fee: \$217 a session**

## **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 one of Connecticut's largest and most exciting Gymnastics Centers. Children must be supervised by an adult at all times.

**Wednesday 12:00-12:45**

# Preschool Gymnastics

Ages 3 ½ - 6 years

## **\*NEW\* Leap & Learn**

(Ages 3½ - 5 years old)

Each 90 minute class will be designed to incorporate gymnastics, crafts, learning components that will help with motor skills, cognitive thinking, and snack time! This class is designed to build your child's physical strength and self confidence while improving coordination.

Monday 9:30-11:00

**Fee: \$275 a session**

## **Star Gazers**

(Ages 3 ½ - 4 ½)

### **45 minute class**

Monday 1:00-1:45

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

Wednesday 9:30-10:15

Thursday 9:30-10:15

Friday 9:15-10:00

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

**Fee: \$217 a session**

### **1 Hour class**

Monday 9:30-10:30

Tuesday 10:10-11:10

Wednesday 10:30-11:30

Thursday 12:50-1:50

**Fee: \$255 a session**



## **Star Catchers**

(Ages 4 ½ - 6)

### **45 minute class**

Monday 1:00-1:45

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

Wednesday 9:30-10:15

Friday 9:15-10:00

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

**Fee: \$217 a session**

### **1 Hour class**

Monday 9:30-10:30

Tuesday 10:10-11:10, 4:10-5:10, 5:20-6:20

Wednesday 10:30-11:30, 1:00-2:00, 4:10-5:10

Thursday 12:50-1:50

Friday 4:10-5:10, 5:30-6:30

Saturday 10:15-11:15

**Fee: \$255 a session**

# Preschool Gymnastics

## **Invitation Only**

### **Rising Stars** (Ages 4 ½ - 6)

This invitation only class is designed for the student who is ready for a slightly more advanced curriculum.

Tuesday 9:15-10:15

Thursday 1:55-2:55

**Fee: \$255 a session**



### **Blazing Stars**

This is an invitation only class for 4 to 6 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.

Wednesday 1:50-2:50

**Fee: \$255 a session**

# After-School Gymnastics

## Girls Programs

### First Dimension (Beginner)

Ages 6 and up

Monday 4:10-5:10

Tuesday 4:10-5:10, 6:00-7:00

Wednesday 4:10-5:10

Thursday 4:10-5:10, 6:00-7:00

Friday 4:10-5:10, 5:30-6:30

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



### Pre Teen and Teen Gymnastics (Ages 10+)

Thursday 6:00-7:00

**Fee: \$255 a session or 9 monthly credit card charges of \$87 for a full year tuition (Sept. - June)**

### 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

Saturday 11:25-12:55

**Fee: \$343.00 a session or 9 monthly credit card charges of \$118 for a full year tuition (Sept. - June)**

### Third Dimension (Advanced)

Ages 7 and up

Monday 5:30-7:30

Wednesday 5:30-7:30

Thursday 4:10-6:10

**Fee: \$377.00 a session or 9 monthly credit card charges of \$131 for a full year tuition (Sept. - June)**

### Tumbling Class

For boys and girls

Ages 5-9 (All Levels)

Monday 4:10-5:10

Tuesday 4:10-5:10

Ages 10+ (All Levels)

Monday 2:45-3:45, 7:15-8:15PM

Wednesday 2:45-3:45, 7:15-8:15PM

**Fee: \$255 a session or 9 monthly credit card charges of \$87 for a full year tuition (Sept. - June)**



### Adult Open Gym (Ages 18 and up)

Tuesday 8:15-9:15PM

Thursday 8:15-9:15PM

Fee: \$10 per class

# After-School Gymnastics

## Boys Programs

### First Dimension Boys (Beginner)

Ages 6 and up

Wednesday 4:10-5:10

Friday 4:10-5:10

**Fee: \$255 a session or 9 monthly credit card charges of \$87 for a full year tuition (Sept. - June)**

### Second Dimension Boys (Intermediate)

Ages 7 and up

Monday 5:30-7:00

**Fee: \$343.00 a session or 9 monthly credit card charges of \$118 for a full year tuition (Sept. - June)**

### Third Dimension Boys (Advanced/Pre-Team)

Ages 7 and up

Monday 5:30-7:30

**Fee: \$377.00 a session or 9 monthly credit card charges of \$131 for a full year tuition (Sept. - June)**

# After-School Gymnastics

## Girls Invitation Only

### 1<sup>st</sup> <>Eclipse<>

Monday 4:10-5:40

Wednesday 5:30-7:00

Friday 5:30-7:00

**Fee: \$343.00 a session or 9 monthly credit card charges of \$118 for a full year tuition (Sept. - June)**

### <>Eclipse & Eclipse II <>

Monday 5:30-7:30

Wednesday 5:30-7:30

Thursday 5:30-7:30

Friday 5:30-7:30

(Gymnasts must attend two days a week)

**September thru June commitment**

**Call Jessica for more information**

### 4<sup>th</sup> Dimension (Pre-team)

Tuesday & Thursday 6:30-8:30

**September thru June commitment**

**Call Jessica for more information**



Prices do not include yearly registration fee.

(Based on school year)

1<sup>st</sup> child \$35.00, 2<sup>nd</sup> child \$30.00

Family membership \$75.00 (3 or more children)



## **Winter Session**



**12 Week Program Begins  
DECEMBER 5<sup>th</sup>**



### **Program Directors**

**Preschool: Lori Brin**

**Afterschool: Jessica Romer**

**25 Lindeman Dr.**

**Trumbull, CT 06611**

**203-372-3222**

**www.NDGymnastics.com**

**\*\*FOLLOW US ON FACEBOOK\*\***