



AFTER-SCHOOL PROGRAM

Classes after 4:00pm for ages 4 and up
(Also includes Saturday classes)



Ages 4-6 Programs

Star Gazers - (Ages 4 – 4 ½)

(For Boys & Girls)
Tuesday 4:10-5:10, 5:30-6:30
Thursday 4:10-5:10, 5:30-6:30
Saturday 9:45-10:45
Tuition: \$113.00 per month

Star Catchers (Ages 4 ½ - 6)

(For Boys & Girls)
Monday 4:10-5:10
Tuesday 4:10-5:10, 5:30-6:30
Wednesday 4:10-5:10, 5:30-6:30
Thursday 4:10-5:10, 5:30-6:30
Friday 4:10-5:10, 5:30-6:30
Saturday 9:45-10:45, 11:00-12:00
Tuition: \$113.00 per month

Boys Programs

First Dimension Boys (Beginner)

Ages 6 and up
Wednesday 4:10-5:10
Friday 4:10-5:10
Tuition: \$113.00 per month

Second Dimension Boys (Intermediate)

Ages 7 and up
Monday 5:30-7:00
Tuition: \$148.00 per month

Third Dimension Boys (Pre-Team)

Ages 7 and up
Saturday 11:00-1:00
Tuition: \$158.00 per month

Additional Programs

Tumbling Class (For boys and girls)

Ages 9+ (All Levels)
Monday 7:30-8:30PM
Wednesday 7:30-8:30PM
Tuition: \$113.00 per month

Girls Programs

First Dimension (Beginner class)

Ages 6 and up This beginner gymnastics class will focus on learning rolls, cartwheels, teeter totters on floor and mounts, dismounts, and casting on the uneven bars. They will learn walks, mounts, and dismounts on beam as well as squat ons and proper running technique on vault.

Monday 4:10-5:10
Tuesday 4:10-5:10, 5:30-6:30
Wednesday 4:10-5:10, 5:30-6:30
Thursday 4:10-5:10, 5:30-6:30
Friday 4:10-5:10, 5:30-6:30
Saturday 9:45-10:45, 11:00-12:00
Tuition: \$113.00 per month

Ages 9 and up (1 hour and 15 min. class)

Monday 5:30-6:45
Friday 4:10-5:25
Tuition: \$129.00 per month

Advanced 1st Dimension

Ages 6 and up Your child will be thrilled to continue working on basic skills while learning new skills such as: round-offs and handstands on floor, forward roll to flat back on vault, jumps, leaps and teeter totters on beam, leg cuts and back hip pullovers on bars.

Tuesday 4:10-5:25, 5:30-6:45
Thursday 4:10-5:25, 5:30-6:45
Friday 5:30-6:45
Saturday 9:45-11:00
Tuition: \$129.00 per month

Second Dimension (Intermediate class)

Ages 7 and up Your child will continue their exciting gymnastics journey with handstand forward rolls, front limbers and backbends on floor. They will also be introduced to back hip circles on bars, handstands, turns and cartwheels on beam. Lastly, they will learn handstand flat backs on vault.

Monday 4:10-5:40, 5:30-7:00
Tuesday 5:30-7:00
Wednesday 4:10-5:40, 5:30-7:00
Thursday 5:30-7:00
Friday 5:30-7:00
Saturday 11:00-12:30
Tuition: \$148.00 per month

Girls Programs

Advanced 2nd Dimension

Ages 7 and up Your child will enjoy to continue working on intermediate skills while learning new skills such as: backbend kickovers, back handsprings and front handsprings on floor, shoot thrus and sole circle dismounts on bars, side handstands and round-off dismounts on beam, and front handspring drills on vault.

Monday 5:30-7:00
Tuesday 5:30-7:00
Wednesday 4:10-5:40
Friday 5:30-7:00
Saturday 11:00-12:30
Tuition: \$148.00 per month

Third Dimension (Advanced Class)

Ages 7 and up Your child will concentrate on learning front and handsprings on the Tumb Trak, front and back walkovers on floor, back hip circle dismounts and mill circles on bars. On beam they will learn bridge kickovers and side handstand dismounts, and on vault front handsprings onto and over the resi mat.

Monday 5:30-7:30
Tuesday 5:30-7:30
Wednesday 5:30-7:30
Thursday 4:10-6:10
Saturday 11:00-1:00
Tuition: \$158.00 per month

Advanced 3rd Dimension

Ages 7 and up Your child will continue to work on advanced skills while learning new skills such as round-off back handsprings and aerial cartwheels on the floor, front hip circles and glide kips on bars. On beam they will learn back walkovers, new fun dismounts and split leaps, and on vault front tucks onto the resi. They will also begin learning front tucks and back tucks on tumble trak and trampoline.

Tuesday 6:30-8:30
Thursday 6:30-8:30
Tuition: \$158.00 per month

4th Dimension (Xcel Pre-Team)

This workout is by invitation only. Your gymnast will focus on learning the skills and routines needed to prepare them for Xcel Team tryouts over the summer.

Tuesday & Thursday 6:30-8:30PM
Tuition: Please see front desk for more information

PRESCHOOL PROGRAM

Star Brights (12-24 Months—parent participation)

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

Monday 9:30-10:15

Friday 10:30-11:15

Sunday 9:30-10:15 (12 week class, Start Date & Price: please call front desk)

Tuition: \$73.00 per month

Come with Me (2-3½ years old—parent participation)

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

Monday 10:30-11:15

Thursday 10:30-11:15

Friday 10:30-11:15

Saturday 8:30-9:15

Sunday 9:30-10:15 (12 week class, Start Date & Price: please call front desk)

Tuition: \$73.00 per month

Star Gazers (Ages 3 ½ - 4 ½)

Monday 1:30-2:30

Tuesday 10:30-11:30

Wednesday 1:15-2:15

Thursday 10:30-11:30, 1:45-2:45

Friday 9:15-10:15

Saturday 8:30-9:30

Sunday 10:30-11:30 (12 week class, Start Date & Price: please call front desk)

Tuition: \$94.00 per month

Star Catchers (Ages 4 ½ - 6)

Monday 1:30-2:30

Tuesday 10:30-11:30

Wednesday 1:15-2:15

Thursday 10:30-11:30, 1:45-2:45

Friday 9:15-10:15

Saturday 8:30-9:30

Sunday 10:30-11:30 (12 week class, Start Date & Price: please call front desk)

Tuition: \$94.00 per month

NEW Mommy & Me Yoga

Come enjoy yoga with your little one while connecting with other moms! This fun class will incorporate yoga poses and other exercises for mom and baby that will help to strengthen coordination and build body awareness. Please bring your own yoga mat. *Days and times to be determined, please call our front desk to get on our interest list.*

Tot Yoga 1-3yrs old (45 min. class)

Preschool Yoga 3-5yrs old (45 min. class)

NEW Lunch Bunch (Ages 3 ½ - 6)

This fun drop off program is a great way for you to run some errands while your children have a blast with our NDG staff!!! Kids will enjoy doing gymnastics, structured activities, arts and crafts, games, and lunch time. Please bring in your child's peanut free lunch.

Thursday 11:30-12:30

Fee: \$10 drop-in

(Must call at least 24 hrs. in advance to sign up)

Mom & Tot Playgroup (Ages 0-4)

Come enjoy playtime with your child in our safely designed gym, while meeting other parents and children.

Monday 11:30-12:30

Thursday 9:15-10:15

Fee: \$10 drop-in



OPEN GYM

FREE for all Next Dimension Gym Members ages 2-6 that are **currently enrolled in a class**. There is a \$10 fee for all non-gym members. 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 12:00-1:00



Class Brochure

Revised on 9/20/17



Ongoing Registration Available

**Sign up through our front desk our
online at www.NDGymnastics.com**

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

**www.NDGymnastics.com
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