



**NEXT DIMENSION
GYMNASTICS**

PRESCHOOL PROGRAM

Ongoing registration available for the 2018-2019 season

PRESCHOOL CLASSES MONDAY THROUGH FRIDAY BEFORE 3:30PM

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 10:30-11:15
Tuesday 9:30-10:15
Friday 10:30-11:15
*See Afterschool program for more times offered
Tuition: \$76.00 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
Tuesday 9:30-10:15
Thursday 10:30-11:15
Friday 10:30-11:15
*See Afterschool program for more times offered
Tuition: \$76.00 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
*See Afterschool program for more times offered
Tuition: \$98.00 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
*See Afterschool program for more times offered
Tuition: \$98.00 per month

Mom & Tot Playgroup (Ages 0—4)
Come enjoy playtime with your child in our safely designed gym, while meeting other parents and children.
Thursday 9:15-10:15
Friday 9:15-10:15
Fee: \$10 drop-in



PRESCHOOL CLASSES AFTER 4PM AND SATURDAY & SUNDAY CLASSES

Star Brights (12-24 Months—parent participation)
Saturday 8:30-9:15
Sunday 9:00-9:45 (14 week class, begins Sept. 9th, 3 payments of \$89, Dec. payment \$45)
Tuition: \$89.00 per month

Come with Me (2-3½ years old—parent participation)
Saturday 8:30-9:15, 9:15-10:00
Sunday 9:00-9:45, 10:00-10:45 (14 week class, begins Sept. 9th, 3 payments of \$89, Dec. payment \$45)
Tuition: \$89.00 per month

Star Gazers - (Ages 4 - 4 ½)
(For Boys & Girls)
Monday 4:15-5:15
Tuesday 4:15-5:15, 5:30-6:30
Wednesday 4:15-5:15
Thursday 4:15-5:15, 5:30-6:30
Saturday 9:15-10:15, 10:30-11:30
Sunday 10:00-10:45 (45 min. 14 week class, begins Sept. 9th, 3 payments of \$89, Dec. payment \$45)
Sunday 11:00-12:00 (14 week class, begins Sept. 9th 3 payments of \$118, Dec. payment \$59)
Tuition: \$118.00 per month

Star Catchers (Ages 4 ½ - 6)
(For Boys & Girls)
Monday 4:15-5:15
Tuesday 4:15-5:15, 5:30-6:30
Wednesday 4:15-5:15, 5:30-6:30
Thursday 4:15-5:15, 5:30-6:30
Friday 4:15-5:15, 5:30-6:30
Saturday 9:15-10:15, 10:30-11:30, 11:45-12:45
Sunday 11:00-12:00 (14 week class, begins Sept. 9th 3 payments of \$118, Dec. payment \$59)
Tuition: \$118.00 per month

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 12:00-1:00PM

SIGN UP TODAY! ONLINE REGISTRATION AVAILABLE OR CALL 203-372-3222



AFTER-SCHOOL PROGRAM

Ongoing registration available for the 2018-2019 season

GIRLS CLASSES

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 4:15-5:15
Tuesday 4:15-5:15, 5:30-6:30
Wednesday 4:15-5:15, 5:30-6:30
Thursday 4:15-5:15, 5:30-6:30
Friday 4:15-5:15, 5:30-6:30
Saturday 9:15-10:15, 10:30-11:30, 11:45-12:45

Tuition: \$118.00 per month

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

Monday 5:30-6:45
Friday 4:15-5:30

Tuition: \$133.00 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 4:15-5:30, 5:30-6:45
Thursday 4:15-5:30, 5:30-6:45
Friday 5:30-6:45
Saturday 10:30-11:45

Tuition: \$133.00 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 5:30-7:00
Wednesday 4:15-5:45; 5:30-7:00
Thursday 5:30-7:00
Friday 5:30-7:00
Saturday 11:45-1:15

Tuition: \$149.00 per month

GIRLS CLASSES

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
Friday 5:30-7:00
Saturday 11:45-1:15

Tuition: \$149.00 per month

Third Dimension (Advanced Class)

Ages 7 and up Your child will concentrate on learning front and handsprings on the Tumbl 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 4:15-6:15
Saturday 10:30-12:30

Tuition: \$162.00 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: \$162.00 per month

4th Dimension (Xcel Pre-Team)

This workout is by invitation only.

Please see front desk for more information

TUMBLING CLASSES

Beginner Tumbling (Ages 6+)

This coed class focuses on all basic tumbling skills, including forward rolls, backward rolls, cartwheels, handstands, round-offs, front & back walkovers and an introduction to the back handspring & front handspring.

Monday 4:15-5:15
Saturday 10:30-11:30

Tuition: \$118.00 per month

Advanced Tumbling (Ages 7+)

This coed class is for all tumblers that have already mastered the back handspring. Tumblers will be learning round-off back handsprings, front tucks, back tucks, aerials, layouts and twisting.

Monday 7:15-8:30
Saturday 10:30-11:45

Tuition: \$133.00 per month

NINJA CLASSES

Ages 4-6 (Boys & Girls)

Monday 4:10-5:10
Tuesday 5:20-6:20
Wednesday 5:20-6:20
Thursday 4:10-5:10

Ages 7-9 (Boys & Girls)

Monday 5:20-6:20
Tuesday 4:10-5:10
Wednesday 6:30-7:30
Thursday 6:30-7:30

Ages 10-15 (Boys & Girls)

Monday 6:30-7:30
Tuesday 6:30-7:30
Wednesday 4:10-5:10
Thursday 5:20-6:20

Tuition: \$106.00 per month

BOYS GYMNASTICS CLASSES

First Dimension Boys (Beginner)

Ages 6 and up
Wednesday 4:15-5:15
Friday 4:15-5:15

Tuition: \$118.00 per month

Second Dimension Boys (Intermediate)

Ages 7 and up
Monday 5:30-7:00

Tuition: \$149.00 per month

Third Dimension Boys

Ages 7 and up
Monday 5:30-7:30

Tuition: \$162.00 per month

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