



# AFTER-SCHOOL PROGRAM

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



## PRESCHOOL CLASSES

**Star Brights** (12-24 Months—parent participation)  
Sunday 9:00-9:45 (12 week class, begins Jan. 4<sup>th</sup>, 3 payments of \$89)  
**Tuition: \$89.00 per month**

**Come with Me** (2-3½ years old—parent participation)  
Saturday 9:15-10:00  
Sunday 9:00-9:45, 10:00-10:45 (12 week class, begins Jan. 4<sup>th</sup>, 3 payments of \$89)  
**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 10:00-11:00 (12 week class, begins Jan. 4<sup>th</sup>, 3 payments of \$118)  
**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 10:00-11:00 (12 week class, begins Jan. 4<sup>th</sup>, 3 payments of \$118)  
**Tuition: \$118.00 per month**

## BOYS CLASSES

### **First Dimension Boys (Beginner)**

Ages 6 and up  
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**

## 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 1<sup>st</sup> 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 2<sup>nd</sup> 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 thru 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  
Saturday 10:30-12:30  
**Tuition: \$162.00 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 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**

## 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**

# 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

Class uniform requirements:

ND Ninja T-shirt, ND Ninja Headband,

Shorts/Sweatpants & Sneakers

\*ND Ninja attire available for purchase at our front desk

## 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**



# Class Brochure

*Revised for January 2019*



**ONGOING REGISTRATION  
AVAILABLE**

**FOR OUR 2018-2019 SEASON THAT  
BEGINS SEPT. 4<sup>TH</sup>**

**Sign up through our front desk or  
online at [www.NDGymnastics.com](http://www.NDGymnastics.com)**

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