

PRESCHOOL PROGRAM

PRESCHOOL CLASSES
MONDAY THROUGH FRIDAY
BEFORE 3:30PM

Star Brights (Ages 12-24 months)

This is a parent participation class. Younger children may accompany older children if they are in a stroller or infant carrier.

Tuesday 9:30-10:15

Friday 10:30-11:15

Tuition: \$89.00 per month

Come with Me (Ages 2 & 3)

This is a parent participation class. Younger children may accompany older children if they are in a stroller or infant carrier.

Tuesday 9:30-10:15

Thursday 10:45-11:30

Friday 10:30-11:15

Tuition: \$89.00 per month

Star Gazers (Age 4)

Monday 1:30-2:15

Tuesday 10:30-11:15

Wednesday 1:15-2:00

Thursday 10:45-11:30

Tuition: \$89.00 per month

Star Catchers (Age 5)

Monday 1:30-2:15

Tuesday 10:30-11:15

Wednesday 1:15-2:00

Thursday 10:45-11:30

Tuition: \$89.00 per month

OPEN GYM

FREE for all Next Dimension Gym Members ages 2-5 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

NINJA PROGRAM

**Class uniform requirements:
ND Ninja T-shirt, Shorts/Sweatpants &
Sneakers. ND Ninja T-shirt available
for purchase at our front desk.**

Ages 4-6 (Boys & Girls)

Monday 4:15-5:15

Wednesday 5:25-6:25

Thursday 4:15-5:15, 5:25-6:25

Friday 4:15-5:15

Saturday 9:00-10:00, 11:20-12:20

Ages 7-9 (Boys & Girls)

Monday 5:25-6:25

Tuesday 4:15-5:15

Wednesday 6:35-7:35

Thursday 6:35-7:35

Friday 5:25-6:25

Saturday 10:10-11:10

Ages 10-15 (Boys & Girls)

Tuesday 6:35-7:35

Wednesday 4:15-5:15

Tuition: \$108.00 per month



**NEXT DIMENSION
GYMNASTICS &
NINJA**

Class Brochure 2019-2020

September through June



**ONGOING REGISTRATION
AVAILABLE**

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

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

AFTER-SCHOOL PROGRAM

FOR ALL CLASSES AFTER 4PM AND CLASSES ON SATURDAY & SUNDAY

Come with Me (Boys & Girls Ages 2 & 3)

This is a parent participation class. Younger children may accompany older children if they are in a stroller or infant carrier.

Saturday 8:45-9:30

Sunday 9:00-9:45, 10:15-11:00 (12 wk. session)

Tuition: \$98.00 per month

Star Gazers (Boys & Girls Age 4)

Monday 4:10-5:10

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

Wednesday 4:10-5:10

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

Saturday 8:45-9:45, 10:00-11:00

Sunday 9:00-10:00, 10:15-11:15 (12 wk. session)

Tuition: \$120.00 per month

Star Catchers (Boys & Girls Age 5)

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 5:30-6:30

Saturday 8:45-9:45, 10:00-11:00, 11:15-12:15

Sunday 9:00-10:00, 10:15-11:15 (12 wk. session)

Tuition: \$120.00 per month

First Dimension (Girls Ages 6+) (Beginner class)

This beginner gymnastics class will focus on learning rolls, cartwheels, handstands on floor and pullovers, forward rolls, and casting on the uneven bars. They will learn walks, mounts, dismounts and teeter totters on beam as well as squat ons, forward rolls 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 8:45-9:45, 10:00-11:00, 11:15-12:15

Tuition: \$120.00 per month

First Dimension (Girls Ages 9+)

Monday 5:30-6:30pm

Tuition: \$120.00 per month

Second Dimension (Girls Ages 7+) (Intermediate class)

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 4:10-5:40, 5:30-7:00

Wednesday 5:30-7:00

Thursday 4:10-5:40, 5:30-7:00

Friday 4:10-5:40, 5:30-7:00

Saturday 11:15-12:45

Tuition: \$155.00 per month

Third Dimension (Girls Ages 7+) (Advanced Class)

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 5:30-7:00

Tuesday 4:10-5:40

Wednesday 5:30-7:00

Thursday 4:10-5:40, 5:30-7:00

Saturday 11:15-12:45

Tuition: \$155.00 per month

4th Dimension (Girls Ages 7+) (Pre-Team Xcel)

This workout is by invitation only. Your gymnast will focus on learning the skills and routines needed to prepare them for our Xcel Team. Gymnasts will have an opportunity to attend mini in house meets throughout the year.

Tuesday 6:00-8:00pm & Friday 6:00-8:00pm

Tuition: see front desk for more information

ECLIPSE PROGRAM

(Invitational Class)

1st Eclipse

Wednesday 5:30-6:30

Friday 4:10-5:10

Tuition: \$120.00 per month

BOYS GYMNASTICS CLASSES

Boys First Dimension

(Beginner)

Ages 6 and up

Wednesday 4:10-5:10

Tuition: \$120.00 per month

Boys Elite

(Intermediate & Advanced)

Ages 7 and up

Monday 5:30-7:00

Tuition: \$155.00 per month

TUMBLING CLASSES

Beginner Tumbling (Ages 9+)

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.

Wednesday 7:15-8:15

Saturday 10:00-11:00

Tuition: \$120.00 per month

Advanced Tumbling (Ages 9+)

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 7:15-8:15

Saturday 10:00-11:00

Tuition: \$120.00 per month