

"Building Confidence and Self-Esteem One Child At A Time"

ROCKLAND GYMNASTICS

134 West Nyack Rd* Nanuet, NY 10954

Class Schedule

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Parent & Tot (1 1/2-3)		10:15am-11:00am	10:15am-11:00am		10:15am-11:00am	9:30am-10:15am
Cosmic Bears (Ages 3-4)	10:15am-11:00am 1:45pm-2:30pm 4:00pm-4:45pm	1:00pm-1:45pm 4:00pm-4:45pm	1:00pm-1:45pm 4:00pm-4:45pm	11:00am-11:45pm 1:45pm-2:30pm 4:00pm-4:45pm	1:45pm-2:30pm 4:00pm-4:45pm	10:15am-11:00am
Thunder Cats (Ages 4-5)	1:00pm-1:45pm 4:00pm-4:45pm	11:00am-11:45pm 1:45pm-2:30pm 4:00pm-4:45pm	11:00am-11:45pm 1:45pm-2:30pm 4:00pm-4:45pm	10:15am-11:00am 1:00pm-1:45pm 4:00pm-4:45pm	11:00am-11:45pm 1:00pm-1:45pm 4:00pm-4:45pm	10:15am-11:00am
Five Alive (Kindergarten)	4:00pm-5:00pm	4:00pm-5:00pm	4:00pm-5:00pm	4:00pm-5:00pm	4:00pm-5:00pm	10:15am-11:15am
Alpha 1 (Ages 6+)	4:15pm-5:30pm 5:15pm-6:30pm	4:15pm-5:30pm 5:15pm-6:30pm	4:15pm-5:30pm 5:15pm-6:30pm	4:15pm-5:30pm 5:15pm-6:30pm	4:15pm-5:30pm 5:15pm-6:30pm	11:00am-12:15pm
Alpha II (Ages 6+)	5:15pm-6:45pm	5:15pm-6:45pm	5:15pm-6:45pm	5:15pm-6:45pm	5:15pm-6:45pm	11:00am-12:30pm
Star (Ages 6+)	5:15pm-7:15pm	5:15pm-7:15pm	5:15pm-7:15pm	5:15pm-7:15pm	5:15pm-7:15pm	11:00am-1:00pm
Cheer Tumbling (Ages 6+)		5:00pm-6:00pm		5:00pm-6:00pm		12:00NOON-1:00PM

134 West Nyack Rd* Nanuet, NY 10954
 Phone: 845-624-4056 Fax: 845-624-6546
 Email- rkgym@aol.com
 www.rocklandgymnastics.com