

"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
Mom & Tot (1 1/2-3)						
Cosmic Bears (Ages 3-4)						9:30am-10:15am
Thunder Cats (Ages 4-5)						9:30am-10:15am
Five Alive (Kindergarten)		4:00pm-5:00pm		4:00pm-5:00pm	4:00pm-5:00pm	9:45am-10:45am
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	11:15am-12:30pm
Alpha II (Ages 6+)	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			11:00am-1:00pm
Cheer Tumbling (Ages 6+)						

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