

Aeon Fitness and Gymnastics · Summer Class Programs 2018

www.aeonfitgym.com · (201) 664-0304 · 157 Patterson Street, Hillsdale, NJ 07642

Dates: June 18th – August 26th · (10 weeks)

You choose one day/time for 10 weeks of class. Payments are required in full prior to the first day of class.

You are permitted to do 2 make-ups within this summer session any time before the session ends.

We allow pro-rated classes for those who miss the initial registration.

★**General & Advanced Gymnastics Classes** are for beginner/intermediate and advanced female gymnasts. These summer classes are divided by age and/or ability. The coach will work the goals and skill progression of the individual gymnast. The gymnastics classes are 1.5 hours with the use of all apparatus and equipment.

Price: \$210 for a 10 consecutive week session

Availability: All age groups (5-7, 8-10, 11-15)

Schedule

Tuesday	3:45-5:15 5:30-7:00
Wednesday	3:45-5:15 5:30-7:00
Thursday	3:45-5:15 5:30-7:00

★**Boys General & Advanced Gymnastics Classes** are for beginner/intermediate and advanced male gymnasts. These summer classes are divided by age and/or ability. The coach will work the goals and skill progression of the individual gymnast. The gymnastics classes are 1.5 hours with the use of all apparatus and equipment.

Price: \$210 for a 10 consecutive week session

Availability: All age groups (5-9 & 10-15)

Schedule

Tuesday	3:45-5:15 5:30-7:00
Wednesday	5:30-7:00
Thursday	3:45-5:15

★**Tiny Tigers Classes** are for boys and girls ages 3-5. This 45 minute class is an introduction to our general gymnastics classes which includes basic skill building, obstacle courses, jumping on trampolines, and using balancing and swinging apparatus. These classes use a variety of equipment to enhance the individual child's motor ability, balance, flexibility, strength, and coordination.

Price: \$190 for a 10 consecutive week session

Schedule

Tuesday	3:45-4:30 5:30-6:15
Wednesday	3:45-4:30 5:30-6:15
Thursday	3:45-4:30 5:30-6:15

★**Parent and Me Classes** are offered for girls and boys ages 18 months - 3 years old. Accompanied by an adult, these toddlers explore our obstacle course which includes the trampoline, swinging apparatus, tunnels, balance beams, rolling mats, and much more. Parents will be active in assisting their mini-mover throughout all class activities. Parents, come be a part of your child's smile as they safely develop coordination, balance, and gain confidence in our 45 minute class!

Price: \$190 for a 10 consecutive week session

Schedule

Wednesday	9:00-9:45
Friday	9:00-9:45

★**Tumble Classes** are 1 hour of tumbling progressions and skill building. The summer tumbling class is for students ages 5-18 who want to increase their tumbling and flipping ability. Use of our spring floor, rod floor, tumble strips, air track, trampoline, tumble track, foam pit, and various matting will help improve tumblers at any level. Certified coaches will assist and spot tumblers of all abilities. At all time slots, we offer Tiny Tumble (ages 5-7), Dancer's Tumble (ages 7-18), Beginner Tumble (ages 7-18), Intermediate Tumble (ages 7-18), and Advanced Tumble (ages 7-18). ***Dancer's Tumble classes are for those students who are recreational or competitive dancers. Intermediate Tumble Classes are for those students who have already achieved a back handspring on the trampoline and tumble track without assistance. Advanced Tumble Classes are for those students who have already achieved a back handspring on the floor without assistance.*

Price: \$200 for a 10 consecutive week session

Schedule

Tuesday	3:45-4:45
	5:30-6:30
	7:00-8:00
Wednesday	3:45-4:45
	5:30-6:30
	7:00-8:00
Thursday	3:45-4:45
	5:30-6:30
	7:00-8:00

Classes with less than 3 students enrolled may be combined or changed

★ [All Trial Classes: \\$15](#) · [10% Sibling Discount](#) · [\\$25 Annual Registration Fee](#) ★

**** Also See our Summer Camp Options ****

Sign-ups begin May 29th!