



Mommy & Me: 45 MINS

WEDNESDAY	SATURDAY
11:00am	9:00am

PRESCHOOL 3-4 years: 45 MINS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:00	Beginners	Beginners	Beginners	Beginners	Beginners	9am: Beginners
4:00	Beginners	Intermediate	Beginners	Intermediate	Beginners	10am: Beginners
5:00	—	—	Beginners	Beginners	—	

GIRLS BEGINNERS': 55 MIN

*Our entry level gymnastics class. Focused on basic movements and strength skills!
This 55-minute class is perfect for all ages wanting to get started in gymnastics!*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:00	—	—	5 – 7 yrs	5 – 7 yrs	—	10am: 5-7yrs
4:00	5 – 8 yrs	8 & up	6 – 8 yrs	5 – 7 yrs	6 – 8 yrs	11am: 8 & up
5:00	5 – 7 yrs	5 – 7 yrs 6 – 8 yrs	—	6 – 8 yrs	5 – 7 yrs 8 & up	
6:00	8 & up	5 – 8 yrs	5 – 7 yrs 8 & up	9 & up	5 – 8 yrs	

BEGINNERS ADVANCED: 55 MIN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00	5 – 8 yrs	—	5 – 8 yrs	5 – 8 yrs	—	10am: 5 – 8 yrs
5:00	—	—	5 – 8 yrs	—	9 & up	
6:00	8 & up	9 & up	—	—	5 – 8 yrs	
7:00	—	—	9 & up	—	—	

GIRLS INTERMEDIATE: 1.5 hours

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:30	9 & up	6 – 8 yrs	9 & up	6 – 8 yrs	6 – 8 yrs	11am: 8 & up
5:00	6 – 8 yrs	—	6 – 8 yrs	6 – 8 yrs	9 & up	
6:00	—	—	—	—	5 – 8 yrs	
6:30	—	9 & up	—	9 & up	—	

GIRLS ADVANCED: 1.5 hour

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00	—	8 & up	—	6 – 8 yrs	—	9:30am: 8 & up
6:30	9 & up	—	9 & up	—	—	—

ARIEL SILKS: 55 MIN

	MONDAY	SATURDAY
6:30	5 – 8 yrs	9am: 5 – 8 yrs
7:30	9 & up	10am: 9 & up
		11am: Intermediate

Please see reverse side for pricing!

Trampoline and Tumbling: 5 yrs + 55MIN

Advanced focused on trampoline and floor skills, with an introduction to Double Mini Trampoline
Trampoline and Tumbling is a Co-ed program.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:00	_____	T&T Beginner	_____	T&T Beginner	T&T Beginner
5:00	T&T BEG	T&T Beginner	T & T Beginners	_____	_____

Trampoline and Tumbling Pre-Team: 1.5 hours

Transitional class from classes to competitive team. Refining skills and strength training in a team-oriented setting. Trampoline and Tumbling is a Co-ed program.

4:30 – 6:00pm	MONDAY	WEDNESDAY	FRIDAY
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**Tumbling: 7-13 yrs
55MIN**

	TUESDAY	THURSDAY
6:00	Beginner	Intermediate

January 2024
<u>Preschool: 45-minute classes</u>
• 1x/week - \$127.00/month
• 2x/week - \$204.00/month
• 3x/week - \$253.00/month
<u>Beginners/Beginners Advanced/T&T/Tumbling</u>
<u>55-minute Classes</u>
• 1x/week - \$138.00/month
• 2x/week - \$220.00/month
• 3x/week - \$286.00/month
<u>Intermediate Classes: 1.5 hours</u>
• 1x/week - \$165.00/month
• 2x/week - \$248.00/month
• 3x/week - \$314.00/month
<u>Advanced Classes: 1.5 hours</u>
• 1x/week - \$176.00/month
• 2x/week - \$259.00/month
• 3x/week - \$325.00/month
<u>Ariel Silks Classes: 55-minute classes</u>
• 1x/week - \$185.00/month

Prices as of January 2025
Mommy & Me Preschool Beginner 45 min classes
1x/week: \$150.00/month
2x/week: \$225.00/month
3x/week: \$275.00/month
Beginners Beginners Adv T&T Tumbling Preschool Int 55 min classes
1x/week: \$160.00/month
2x/week: \$240.00/month
3x/week: \$305.00/month
Intermediate & Advanced 1.5 hours
1x/week: \$185.00/month
2x/week: \$270.00/month
3x/week: \$335.00/month
Aerial Silks 55 minutes
1x/week: \$185.00/month
Trampoline and Tumbling Pre-Team Boys Pre-Team
2x/week: \$275.00/month
3x/week: \$325.00/month

All programs at Nova Gymnastics require an annual registration fee:

Recreational Annual Registration:

Team & Aftercare Annual Registration:

Single Student	Family
\$60	\$85
Single Student	Family
\$120	\$180

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