

# Aeon Fitness and Gymnastics · Summer Class Programs 2023

**\*\*Training Center #1: 157 Patterson Street, Hillsdale, NJ 07642\*\***

**\*\*Training Center #2: 270 Knickerbocker Avenue, Hillsdale, NJ 07642\*\***

[www.aeonfitgym.com](http://www.aeonfitgym.com) · (201) 664-0304 · [info@aeonfitgym.com](mailto:info@aeonfitgym.com)

**Dates: June 12<sup>th</sup> - August 20<sup>th</sup> · (10 weeks)**

★ **HS Advanced Gymnastics Class** is for intermediate and advanced female gymnasts on a high school gymnastics team. This summer class focuses on elements in a high school routine. The coach will work the goals and skill progression of the individual gymnast. Previous gymnastics experience required. The gymnastics class is 2 hours per class, 2 days per week, 4 hours per week required with the use of all apparatus and equipment: floor, tumble track, bars, beam, vault, rope, etc.

**Price:** \$540 for a 10 consecutive week session - **Availability:** Ages (13-18) - **Location:** Training Center #1

### *Schedule*

| <u>Monday</u> | <u>Wednesday</u> |
|---------------|------------------|
| 6:30-8:30     | 4:00-6:00        |

★ **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: floor, trampoline, tumble track, bars, beam, vault, rope, etc.

**Price:** \$290 for a 10 consecutive week session - **Availability:** All age groups (5-7, 8-10, 11-15) - **Location:** Training Center #2

### *Schedule*

| <u>Monday</u> | <u>Tuesday</u> | <u>Thursday</u> |
|---------------|----------------|-----------------|
| 3:45-5:15     | 3:45-5:15      | 2:00-3:30       |
| 5:30-7:00     | 5:30-7:00      | 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: floor, trampoline, tumble track, high bar, parallel bars, vault, pommel horse, mushroom, rings, rope, etc.

**Price:** \$290 for a 10 consecutive week session - **Availability:** All age groups (5-7, 8-10, 11-15) - **Location:** Training Center #2

### *Schedule*

| <u>Monday</u> | <u>Thursday</u> |
|---------------|-----------------|
| 3:45-5:15     | 3:45-5:15       |
| 5:30-7:00     | 5:30-7:00       |

★**Tiny Tigers Classes** are for girls and boys 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:** \$240 for a 10 consecutive week session - **Location:** Training Center #2

*Schedule*

|  |   |   |
|--|---|---|
| <u>Tuesday</u><br>2:30-3:15<br>3:30-4:15<br>4:30-5:15<br>5:30-6:15 | <u>Wednesday</u><br>9:00-9:45<br>12:30-1:15 | <u>Thursday</u><br>2:30-3:15<br>3:30-4:15<br>4:30-5:15<br>5:30-6:15 |
|--|---|---|

★**Parent and Me Classes** are for girls and boys ages 18 months - 3 years old. Accompanied by an adult (*1 parent per registered child in class*), these toddlers explore our obstacle course which includes the trampoline, swinging apparatus, tunnels, balance beams, rolling mats, and much more. The parent will be active in assisting their mini-mover throughout all gymnastics 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:** \$240 for a 10 consecutive week session - **Location:** Training Center #2

*Schedule*

|                             |                                |                              |
|-----------------------------|--------------------------------|------------------------------|
| <u>Tuesday</u><br>9:00-9:45 | <u>Wednesday</u><br>12:30-1:15 | <u>Thursday</u><br>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, trampoline, tumble track, and various matting will help improve tumblers at any level. Coaches will assist and spot tumblers of all abilities. At all time slots, we offer Tiny Tumble (ages 5-7), Dancer's Acro Tumble (ages 7-18), Beginner Tumble (ages 7-18), Intermediate Tumble (ages 7-18), and Advanced Tumble (ages 7-18). *\*\*Dancer's Acro 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:** \$260 for a 10 consecutive week session - **Location:** Training Center #2

*Schedule*

|  |                              |
|--|------------------------------|
| <u>Monday</u><br>12:30-1:30<br>7:15-8:15 | <u>Thursday</u><br>6:30-7:30 |
|--|------------------------------|

★**Cheerleading Class** is 1.5 hours for girls and boys ages 7-18. Cheer class focuses on cheerleading progressions and skill building for students of all abilities from basics all the way to advanced skills. Students will work on stunting techniques, jumps, motions, tumbling connections, and combinations. Come prepare yourself for your best cheer season. All students accepted into class from any program with any goal. Use of our spring floor, trampoline, tumble track, and various matting will help improve cheerleading skills. In class, students may be divided by age and ability. Cheer shoes and proper athletic attire required.

**Price:** \$290 for a 10 consecutive week session - **Location:** Training Center #2

*Schedule*

|                               |
|-------------------------------|
| <u>Wednesday</u><br>5:30-7:00 |
|-------------------------------|

★ **Ninja Warrior Classes** are 1 hour for boys and girls ages 5-18. Our ninja hard and soft courses include the curriculum and set up from “The Real Life Ninja” as seen on the American Ninja Warrior show. Students will challenge themselves with our instructor’s guidance on obstacle courses, swinging, strength, speed, agility, balance, and coordination. A fun way to incorporate fitness, self-confidence, discipline, and goal setting. Weekly challenges enhance body control and concentration in our instructional and creative setting while teaching proper technique to inspire successful and happy ninjas. This class can help athletes reach new heights! All abilities welcome, beginner to advanced.

**Price:** \$260 for a 10 consecutive week session - **Location:** Training Center #2

**Schedule**

**Wednesday**

3:30-4:30

4:45-5:45

6:00-7:00

★ **Tiny Ninja Warrior Classes** are 45 minutes for boys and girls ages 3-5. Our set ups are designed for little hands to learn fundamentals of gripping, balance, and agility for our tiny ninja warriors. They will have use of a modified version of the equipment that our older ninjas are training on as designed from the American Ninja Warrior show. Students will challenge themselves with our instructor’s guidance on obstacle courses, swinging, strength, speed, and improve coordination. A fun way to incorporate fitness, self-confidence, and goal setting. Join us in a creative setting that inspires successful and happy tiny ninjas. This class can help athletes reach new heights! This is an introductory, age and ability appropriate class, geared towards mini movers.

**Price:** \$240 for a 10 consecutive week session - **Location:** Training Center #2

**Schedule**

**Wednesday**

3:30-4:15

4:45-5:30

6:00-6:45

*Registration is first come, first serve ONLINE ONLY (no in-person registration accepted). Pre-registration ONLY. NO CLASS or CAMP WALK-INS. Please inquire online for availability on iClassPro customer/parent portal. Drop off and pick up or outdoor viewing available ONLY (lobby area CLOSED to parents/guardians).*

*You must choose class day/s and time/s upfront for 10-week session.*

*Payments are required in full online with a credit card prior to the first day of class.*

*We allow pro-rated sign-ups for those who miss the initial registration if space is available.*

*Classes with minimal students enrolled may be combined or changed. Schedule subject to change.*

*Students receive 20% discount off the cost of additional class/es when coming more than 1x per day/week for the session.*

*Able to combine various class/camp options for a longer stay during Session 5!*

*\*Sealable water bottle required for ALL class students. No eating permitted inside building for students during class.*

*Up to 2 make-up classes ONLY permitted during Summer, Session 5 for missed class/es.*

*Make-up/s must be done in same 10-week session and scheduled ahead of time. Make-ups DO NOT carry over.*

★ **All Trial Classes: \$25** · **Sibling Discount: 10%** · **Annual Registration Fee: \$35** ★

**Sign-ups begin May 22<sup>nd</sup>!**

**Registration - Visit Aeon Customer/Parent Portal:**

★ <https://app.iclasspro.com/portal/aeonfitgym> ★

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