

GYMNASTICS AND NINJA ZONE CLASSES

Check out our monthly daytime and evening classes.

Classes continue at our normal school-year hours.

Parent & Child (18 mos.-3 yrs.) Designed to help your child develop their fine and gross motor skills, body awareness and coordination, while learning social and listening skills. Basic gymnastics, combined with creative games, create a fun and healthy atmosphere for your toddler.	45 min	Rising Stars 1/2/3 (8+ yrs.) Students follow the Smart Moves Gymnastics curriculum including vault, bars, beam, floor and trampoline. Weekly lessons include skills and drills as well as focus on fitness. Skills progress as they move through levels.	90 min
Little Stars (3-4 yrs.) Fun-filled lesson plans on gymnastics equipment that is built specifically for their size and needs. They will continue to develop strength, flexibility, and coordination as they're introduced to basic gymnastics positions and skills.	50 min	Junior Tumbling (6-8 yrs.) (9-15 yrs.) Geared for cheerleaders looking to improve their tumbling skills for their upcoming season. Cheerleaders will have use of our spring floor, trampoline, tumble trak and pit to improve their skills.	75 min
Kinder Stars (4-6 yrs.) This co-ed gymnastics class is designed to create learning in a fun, safe, challenging environment. Special attention is placed on skills needed for Kindergarten and basic sports readiness.	60 min	Ninja Zone (3-5 yrs.) (6-11 yrs.) This fast paced class takes the coordination from gymnastics, the discipline for martial arts, the strength and agility from obstacle course training. <i>Awesome for kids with lots of energy!</i>	50 min
Future Stars 1/2 (6-8 yrs.) Students follow the Smart Moves gymnastics curriculum including vault, bars, beam, floor and trampoline. Weekly lessons include skills and drills thought gymnastics circuits and obstacle courses.	75 min	Learn to Flip (8+ yrs.) For those simply interested in the tumbling and trampoline aspects of gymnastics, GU offers a Flips and Handspring class. This class is perfect for dancers, cheerleaders, martial artists, snowboarders, skiers, skateboarders, actors, divers, or other athletes who are looking for a cross training experience.	60 min

To register or to learn more about Gymnastics or Ninja Zone classes go to our Website, call the office or email us at info@gu-nj.com

2 Lilac Drive Flemington, NJ 08822 (908) 782-8882 www.GU-NJ.com

Register for any 45, 50, 60, 75 or 90 min. class & TAKE A SECOND CLASS FOR FREE! (July & August)



ALSO THIS SUMMER

EXTRA TIME IN THE GYM! OPEN GYM

Every Wednesday 5:30-6:30pm
 Looking to improve your skills over the summer?
 Camp Kids offers open gym for all levels!
 \$10 per class/Ages 7+

BACK HANDSPRING/TUCK CLINICS

Want to learn your back handspring or back tuck?
 Work drills for the skills! \$15 per class/Ages 6+
 Wednesdays from 12:30-1:15pm

PRIVATE LESSONS

Private lessons are a great way to fine tune a new skill or get extra practice.
 \$50 / half hour. There is a \$15 cancellation fee.



Need 7:45am drop off? Early arrivals will receive a complimentary breakfast.

HOURS/REGISTRATION/PAYMENT

Before Care 7:45-8:30am
 AM Session 8:30am-12pm
 PM Session 12:30-4pm
 After Care 4-6pm (Please contact us at least 24 hours prior if you wish to participate) Fee: \$20 a day or \$85 a week.

Registration begins January 1st, final balance is due April 15th.
 \$75 non-refundable deposit will hold your spot.
 \$35 registration fee if you are not currently enrolled in our programs.
 *Multiple camp discount - Take 10% off each additional camp for a family member for full week camps.

NEED TO KNOW

Wear comfortable workout clothing and sneakers.

Bring bathing suit & towel for water activities. Shoes that can easily be taken on and off.

Here for a FULL Day? Bring lunch, except Fridays, that's Free Pizza Day!

10% OFF Multi-Camp Discount*

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SUMMER 2017

REGISTER FOR PROGRAMS ON OUR WEBSITE! WWW.GU-NJ.COM

CAMP
 — KIDS NJ —



Our camps are filled with high energy, structured activities for your active kids and incorporates gymnastics, Ninja Zone, science experiments, arts & crafts and cooking every single week. Campers will enjoy healthy snacks such as fruits, vegetables, yogurt, and on Fridays, free pizza lunch for all our full day campers. Come for a day, a week or the whole Summer, and we promise it'll always be a new experience!

Flemington, New Jersey (908) 782-8882 www.GU-NJ.com

BUILDING STRONG KIDS, NEW FRIENDSHIPS AND GREAT MEMORIES

SUMMER CAMP SCHEDULE

June 19th to August 25th

Complimentary breakfast for our early campers. After Camp Care is also available, please give us a 24 hour notice. Closed July 4th.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:45-8:30	before care/Free	before care/Free	before care/Free	before care/Free	before care/Free
8:30-9:00	camp welcome	camp welcome	camp welcome	camp welcome	camp welcome
9:00-9:30	arts and crafts	group games	yoga	cooking	bounce house
9:30-10:30	STEAM	gymnastics	mystery madness	Ninja Zone/ gymnastics	group games
10:30-11:00	healthy snack/ free play	healthy snack/ free play	healthy snack/ free play	special guest	healthy snack/ free play
11:00-11:30	acrobatics/sports	amazing races	extreme Nerf warrior		gymnastics
11:30-12:00	water activity	water activity	water activity	water activity	water activity
12:00 PM	AM pickup	AM pickup	AM pickup	AM pickup	AM pickup
12:00-12:30	lunch	lunch	lunch	lunch	Natale's FREE pizza friday (full day campers)
12:30-1:00	PM camp welcome	PM camp welcome	PM camp welcome	PM camp welcome	PM camp welcome
1:00-1:30	group camps	gymnastics	Legos	arts and crafts	princess/Star Wars/ pirates
1:30-2:30	cooking	Ninja Zone	circus/gymnastics	gymnastics	arts and crafts
2:30-3:00	gymnastics	healthy snack/free play	healthy snack/free play	healthy snack/free play	healthy snack/free play
3:00-3:30	healthy snack/free play	arts and crafts	guest reader	group games	tramp camp
3:30-4:00	water activity	water activity	water activity	water activity	water activity

SPECIAL GUESTS

June 22/Bivona Farm Animals

June 29/Face Painting - Faces by Ferdinand

July 13/Planetarium - Stars on the Go, a portable planetarium will come to us.

July 20/Mad Scientist - Slime Time

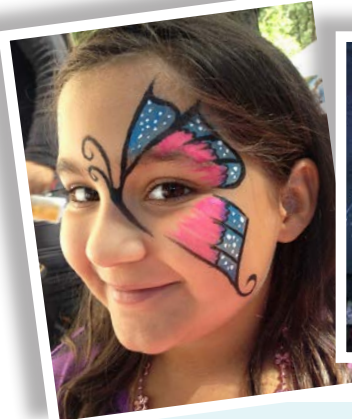
July 27/Rizzo's Reptile

August 3/Bivona Farm Animals

August 10/Readington Twp Fire Department Splash Down

August 17/Mad Scientist - Dry Ice Capades, fun with dry ice

August 24/George the Magician - Magic Bubbles and more



ACROBATICS

Like joining the circus without running away! Tumbling, trampoline and partner pyramids to develop strength and teamwork, aerial silks to develop strength and flexibility, and finally manipulation arts including juggling, circus hooping and plate spinning.

GYMNASTICS

Every level will have fun with this part of the day, beginners and up! Campers will use all of the equipment, including vault, beam, bars, floor, pit, and trampoline

COOKING

New recipes each week, no chef hat needed. Fun to cook and fun to eat! Learn to make amazing dishes and share them with friends.

GROUP GAMES

Engaging games that require thinking on your toes, cooperation, collaboration, and most of all fun in the outdoors (weather permitting). Using teamwork and bonding activities, we'll build friendships and keep moving.

NINJA ZONE

Just a sampling of a our Ninja Zone program. Combining the the coordination of gymnastics, the discipline for martial arts, the strength and agility from obstacle course training, and the creativity from breakdance. Awesome for kids with lots of energy!

STEAM

Be part of STEAM! Activities and challenges in Science, Technology, Engineering, Art, and Mathematics. You'll explore all the areas of STEAM and given the opportunity to shine in the areas your talents and interests lie.

CAMP PRICING

\$215
week

Full Week/
Half Day
June 19th-
August 25th

Ages 3 and up
8:30am-12pm or
12:30pm-4pm

\$325
week

Full Week/
Full Day
June 19th-
August 25th

Ages 6 and up
8:30am-4pm

\$50
day

Half Day
Drop-In
June 19th-
August 25th

Ages 3 and up
8:30am-12pm or
12:30pm-4pm

\$70
day

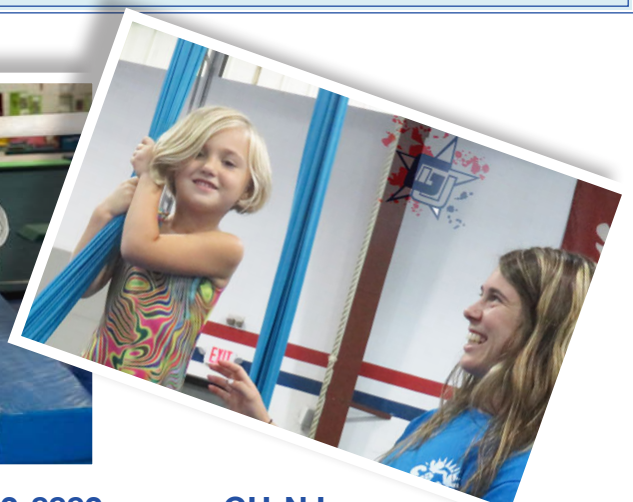
Full Day
Drop-In
June 19th-
August 25th

Ages 6 and up
8:30am-4pm

**NOTE: Full day available for ages 6+ only.*

DROP-INS WELCOME! Got a free day to join the fun, or would like to bring a friend to camp? Drop-in for the day, morning or just the afternoon!

Regular camp fees apply.



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