

Rec Gymnastics 2021 -2022

as of 10/20/21

Contact Karen Martini or Gabrielle Brecht at Gymnastics@Hqfit or 908-782-4009 ext 257 with any questions

Recreational classes are held in Small Gym (1) & Big Gym (2) - (class location noted after time)

You & Me Ages 12 - 36 Months					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30-10:00am (2)		9:00-9:30am (2)	9:30-10:00am (2)		9:45-10:15am (2)
		6:15-6:45pm (1)			
Pre-Gym 3					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30-5:00pm (1)	5:30-6:00pm (1)	9:30-10:00am (1)	11:00-11:30am (1)		9:00-9:30am (1)
		4:30-5:00pm (1)			
Pre-Gym 4-5					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6:00pm (1)	9:45-10:30am (1)	10:15-11:00am (1)	10:00-10:45am (1)		9:45-10:30am (1)
6:15-7:00pm (1)	4:30-5:15pm (1)	5:15-6:00pm (1)	4:30-5:15pm (1)		10:45-11:30am (1)
	6:15-7:00pm (1)		5:30-6:15pm (1)		
Girls Gymnastics ages 6+					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30-5:20pm (2)	4:30-5:20pm (2)	4:30-5:20pm (2)		5:30-6:20pm (2)	10:30-11:20am (2)
5:30-6:20pm (2)	6:30-7:20pm (2)	5:30-6:20pm (2)			
6:30-7:20pm (2)					
Boys Ninjastics (gymnastics + ninja-type obstacles) ages 6+					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30-6:20pm (2)	6:30-7:20pm (2)	6:30-7:20pm (2)	4:30-5:20pm (2)	11:30-12:20pm (2)
			7:30-8:20pm (2)		
Tumbling (must have a solid round off in order to participate) co-ed ages 6+					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					12:30-1:15pm (2)
Adult Gymnastics					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:30-12:00pm (2)			11:00-12:30pm (2)	

2021-2022 Calendar					
Mon Sept 13th	Classes Begin		February 19-21st	No classes Presidents weekend	
Wed Nov 24th	No Class after 12:00 noon		Apr 15-24th	No classes Spring Break	
Thanksgiving	No Class Nov 25-28th		May 28-30th	No classes Memorial weekend	
Winter Break	No Classes Dec 24th-Jan 2nd		June 10th	Last day of classes	

HealthQuest is proud to offer the following Programs as well

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Adaptive Fit ages 5-10 (fee based - enrollment by evaluation) (max enrollment 4)
Private, semi-private and group classes available
<p>Our Adaptive Fit program is a co-ed gymnastics class for children ages 5-10 with special educational needs and/or special physical needs. Specialized instruction is offered in a sensory-friendly environment that complements each individual child's developmental, educational, behavioral, emotional, and physical needs.</p> <p>The Instructor, Jacki Clymer, is a certified pediatric Occupational Therapist Assistant and has extensive experience working with children with learning differences, sensory processing deficits, Autism Spectrum Disorders, ADHD, Down Syndrome, behavioral disorders, developmental delays, Ehlers Danlos Syndrome, and Cerebral Palsy, among others.</p>

Mini Quest ages 4-5 \$100.00/ 2 classes per week (focus is on advanced skills) (max enrollment 6)					
<p>A class, twice a week, focusing on more advanced skills and progressive training and instruction. A great beginning for your daughter if she is interested in a future in competitive gymnastics.</p>					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1:15-2:30pm (2)		1:15-2:30pm (2)		

Advanced Accelerated Gymnastics ages 6-12 \$70.00/ 1 class per week (max enrollment 8)					
<p>A coed class, training in the downstairs Team Gym, for those who love gymnastics and want more advanced progressions and instruction.</p>					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:15-7:30pm				

Advanced Tumbling (must have a solid round of in order to participate) co-ed ages 6+ \$70/month (max enrollment 8)					
<p>A coed class, training in the downstairs Team Gym</p>					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		7:30-8:30pm			