

## Rec Gymnastics 2022 - 2023

as of 9/7/22

*Contact Karen Martini or Gabrielle Brecht at [Gymnastics@Hqfit](mailto: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
	5:45 - 6:15 pm (1)	9:00 - 9:30 am (2)	9:30 - 10:00 am (2)		9:00 - 9:30 am (2)
		10:15 - 10:45 am (2)			
Pre-Gym 3					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		10:45 - 11:15 am (1)	10:00 - 10:30 am (1)		9:45 - 10:15 am (1)
		5:45 - 6:15 pm (1)			
		6:15 - 6:45 pm (1)			
Pre-Gym 4-5					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4:15 - 4:55 pm (1)	9:30 - 10:10 am (1)	10:45 - 11:25 am (1)		9:00 - 9:40 am (1)
		4:15 - 4:55 pm (1)			10:30 - 11:10 (1)
		5:00 - 5:40 pm (1)			
Kindergarten ages 5-6 (Must be currently enrolled in Kindergarten to participate)					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:00 - 5:40 pm (1)	4:15 - 4:55 pm (2)	5:30 - 6:10 pm (2)	5:00 - 5:40 pm (2)	9:30 - 10:10 am (2)
Girls Gymnastics ages 6+					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 - 6:10 pm (2)	6:15-7:10 pm (2)	5:00 - 5:55 pm (2)	7:00 - 7:55 pm (2)	5:45 - 6:40 pm (2)	11:15 - 12:10 pm (2)
6:15 - 7:10 pm (2)		6:00 - 6:55 pm (2)			
Boys Ninjastics (gymnastics + ninja-type obstacles) ages 6+					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15-7:55 pm (2)	5:30 - 6:10 pm (2)		6:15 - 6:55 pm (2)	4:15 - 4:55 pm (2)	10:15 - 10:55 am (2)
Tumbling (must have a solid round off in order to participate) co-ed ages 6+					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30 - 5:15 pm (2)		7:00 - 7:45 pm (2)			
Adult Gymnastics					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30-11:00 am (2)		7:15 - 8:30 pm (Comp)			

### 2022-2023 Calendar

Mon Sept 12th	Classes Begin	Winter Break	No Classes Dec 24th-Jan 2nd
Mon Oct 31st	No Class after 12:00 noon	February 17-20th	No classes Presidents weekend
Wed Nov 23rd	No Class after 12:00 noon	Apr 7-15th	No classes Spring Break
Thanksgiving	No Class Nov 24-26th	May 27-29th	No classes Memorial weekend
Fri Dec 23rd	No Class after 12 Noon	June 9th	Last day of classes

HealthQuest is proud to offer the following Programs as well

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

Mini Quest ages 4-5 \$100.00/ 2 classes per week (focus is on advanced skills) (max enrollment 10)					
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.					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4:15-5:30pm (2)		4:15-5:30pm (2)		

### Gymnastics Attire

Girls: Leotards for girls (without skirts)  
Boys: Gym shorts and tucked in T-shirts

**Inappropriately dressed students will not be allowed to participate.**

For your child's safety: Hair must be tied back. Use elastic hair bands. Please do not use bows, hard barrettes, or plastic clips, these hurt the child's head during tumbling. Students work barefoot. No jeans, street clothes, or loose clothing. Denim, Nylon wind or cargo pants do not stretch and make it difficult to spot. Please remove jewelry prior to class.

***Absolutely NO food or drinks are allowed in the gym.***