

# Recreational Gymnastics

## Fall 2024 -2025



Updated 7/25/24

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<br>Must be 12 months (1yr) old by 10/1/2024   |                             |                      |                      |                               |                      |
|--|-----------------------------|----------------------|----------------------|-------------------------------|----------------------|
| MONDAY   | TUESDAY                     | WEDNESDAY            | THURSDAY             | FRIDAY                        | SATURDAY             |
|  | 9:30 - 10:00 am (2)         | 9:30 - 10:00 am (2)  | 9:30 - 10:00 am (2)  |                               | 9:00 - 9:30 am (2)   |
| Pre-Gym 3<br>Must be 3yrs old by 10/1/2024   |                             |                      |                      |                               |                      |
| MONDAY   | TUESDAY                     | WEDNESDAY            | THURSDAY             | FRIDAY                        | SATURDAY             |
|  | 5:45 - 6:15 pm (1)          | 10:45 - 11:15 am (1) | 10:45 - 11:15 am (1) |                               | 11:15 - 11:45 am (1) |
|  |                             | 6:00 - 6:30 pm (1)   | 4:15 - 4:45 pm (1)   |                               |                      |
| Pre-Gym 4-5<br>Must be 4yrs old by 10/1/2024   |                             |                      |                      |                               |                      |
| MONDAY   | TUESDAY                     | WEDNESDAY            | THURSDAY             | FRIDAY                        | SATURDAY             |
|  | 6:15 - 6:55 pm (1)          | 10:00 - 10:40 am (1) | 10:00 - 10:40 am (1) |                               | 9:00 - 9:40 pm (1)   |
|  |                             | 4:30 - 5:10 pm (1)   | 5:00 - 5:40 pm (1)   |                               | 10:30 - 11:10 (1)    |
| Kindergarten ages 5-6 (Must be currently enrolled in Kindergarten to participate)<br>Must be 5yrs old by 10/1/2024 |                             |                      |                      |                               |                      |
| MONDAY   | TUESDAY                     | WEDNESDAY            | THURSDAY             | FRIDAY                        | SATURDAY             |
|  | 4:15 - 4:55 pm (1)          | 5:15 - 5:55 pm (1)   | 5:45 - 6:25 pm (1)   | 4:30 - 5:10 pm (1)            | 9:45 - 10:25 (1)     |
|  | 5:00 - 5:40 pm (1)          |                      |                      |                               |                      |
| Girls Gymnastics ages 6+<br>Must be 6yrs old by 10/1/2024  |                             |                      |                      |                               |                      |
| MONDAY   | TUESDAY                     | WEDNESDAY            | THURSDAY             | FRIDAY                        | SATURDAY             |
| 4:30 - 5:25 pm (2)   |                             | 4:30 - 5:25 pm (2)   |                      | 5:15 - 6:10 pm (2)            | 9:30 - 10:25 pm (2)  |
| 5:30 - 6:25 pm (2)   |                             | 5:30 - 6:25 pm (2)   |                      |                               |                      |
| 6:30 - 7:25 pm (2)   |                             |                      |                      |                               |                      |
| Boys Ninjastics (gymnastics + ninja-type obstacles) ages 6+<br>Must be 6yrs old by 10/1/2024                       |                             |                      |                      |                               |                      |
| MONDAY   | TUESDAY                     | WEDNESDAY            | THURSDAY             | FRIDAY                        | SATURDAY             |
|  | 6:15 - 6:55 pm (2)          |                      | 6:15 - 6:55 pm (2)   |                               | 10:30 - 11:10 am (2) |
|  | 7:00 - 7:40 pm (2)          |                      | 7:00 - 7:40 pm (2)   |                               |                      |
| Tumbling (must have a solid round off in order to participate) co-ed ages 6+<br>Must be 6yrs old by 10/1/2024      |                             |                      |                      |                               |                      |
| MONDAY   | TUESDAY                     | WEDNESDAY            | THURSDAY             | FRIDAY                        | SATURDAY             |
|  |                             | 6:30 - 7:15 pm (2)   |                      |                               |                      |
| Adult Gymnastics - All Members Must Register via the HQ App<br>Ages 13 and Up                                      |                             |                      |                      |                               |                      |
| MONDAY   | TUESDAY                     | WEDNESDAY            | THURSDAY             | FRIDAY                        | SATURDAY             |
|  | 10:15 - 11:15 (2)           |                      |                      |                               |                      |
| 2024-2025 Calendar   |                             |                      |                      |                               |                      |
| Mon Sept 9th   | Classes Begin               |                      | February 14-17th     | No classes Presidents weekend |                      |
| Thurs Oct 31st *   | No Class after 12:00 noon   |                      | April 18-27th        | No classes Spring Break       |                      |
| Wed Nov 27th *   | No Class after 12:00 noon   |                      | May 23-26th          | No classes Memorial weekend   |                      |
| Thanksgiving   | No Class Nov 28-Dec 1st     |                      | June 13th            | Last day of classes           |                      |
| Winter Break   | No Classes Dec 23rd-Jan 1st |                      |                      |                               |                      |

## Gymnastics Attire

Leotards for girls (without skirts), gym shorts and tucked in T-shirts for boys.  
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.  
Inappropriately dressed students will not be allowed to participate. Hair must be tied back. This is for the child's safety.

Use elastic hair bands.

Please do not use bows, hard barrettes, or plastic clips, these hurt the child's head during tumbling.

Please remove jewelry prior to class.

No food or drinks in the gym.

HealthQuest is proud to offer the following Programs as well

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or 908-782-4009 ext 257 for further information*

## Advanced Accelerated

A coed class, training in the downstairs Team Gym, for those who love gymnastics and want more advanced progressions and instruction.

Class Length : 75 minutes

For Girls ages 6-14 years

## Mini-Quest

A non-competitive program designed to provide the foundational work necessary to compete in the future. Fee based.

Class Length: 90 min., Twice a week

Ages: 4-5

## Pre-Team

A non-competitive program designed to provide the foundational work necessary to compete in the future. Fee based.

Class Length: 2 hours, twice a week

Ages: 6-10