

Gymnastics Programs

Recreational Classes

Our gymnastic program offers an opportunity for girls to learn new skills and master new challenges in a safe, fun, and educational setting with highly trained, certified staff.

Beginners A **Ages:** 5 – 8 **Monday** **Time:** 5:00–5:45pm **Fee:** \$70

No experience necessary

Beginners B **Ages:** 9 & Up **Tuesday** **Time:** 5:00–5:45pm **Fee:** \$70

No experience necessary

Beginners **Ages:** 5 & Up **Saturday** **Time:** 11:00 – 11:45am **Fee:** \$70

No experience necessary

Intermediate **Ages:** 7 & Up **Wednesday** **Time:** 5:00–5:45pm **Fee:** \$70

Must have at least 2 years of gymnastic experience.
Gymnasts will be evaluated by the coaching staff to determine level placement. Invite only.

Saturday **Time:** 12:00 – 12:45pm **Fee:** \$70

Tiny Tumblers **Ages:** 3 & 4 **Saturday** **Time:** 10:15 – 10:45am **Fee:** \$50

For girls who are ready to begin learning basic gymnastics skills



Gymnastics Programs

Competitive Team

We are proud to offer girls the opportunity to participate in competitive gymnastics. We have a long standing tradition in competitive gymnastics and awesome coaching staff to help the girls reach their greatest potential. We compete in AAU, which gives our gymnasts a higher level and more gyms to compete with.

Coach Sharon

Coach Sharon Gostkowski has been teaching gymnastics for over 15 years. She has a USAG Professional Membership, is USAG Safety Certified, KAT (USAG) Certified, and MEDLP (USAG) Certified.

BRONZE LEVEL

Team Fee: \$215

Age: 6 & up

By evaluation only. Will compete in most meets during the competitive season.

Practice is 5 hours a week:

- Monday & Wednesday
6:00 - 8:00pm
- Saturdays
8:30 - 10:00am

SILVER, GOLD, AND PLATINUM LEVELS

Team Fee: \$250

Age: 6 & up

By evaluation only. Includes home and away meets through the competitive season.

Practice is 6 hours a week:

- Tuesdays & Thursdays
6:00 - 8:00pm
- Saturdays
1:00 - 3:00pm



The Rotary Club of Meriden is a proud supporter of the Girls Inc. gymnastics program. Thank you!



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