

Gymnastics Programs

Recreational Classes

We strive to provide a fun, safe and structured atmosphere where girls can learn at their own pace and achieve success at all levels.



Monday

Beginner
No experience necessary

Ages: 5 - 6

Time: 4:00-4:50 pm

Fee: \$80

Beginner
No experience necessary

Ages: 7 - 8

Time: 5:00-5:50 pm

Fee: \$80

Tuesday

Beginner
No experience necessary

Ages: 7 - 8

Time: 5:00-5:50 pm

Fee: \$80

Wednesday

Beginner
No experience necessary

Ages: 9+

Time: 4:00-4:50 pm

Fee: \$80

Intermediate
Invite only.

Ages: 7 - 8

Time: 5:00-5:50 pm

Fee: \$80

Saturday

Mommy & Me
Requires parent participation.

Ages: 2 - 3

Time: 9:00-9:30 am

Fee: \$65

Tiny Tumblers

Ages: 3 & 4

Time: 9:30-10:00 am

Fee: \$65

Beginner
No experience necessary

Ages: 5 - 6

Time: 10:10-11:00 am

Fee: \$80

Gymnastics

Competitive Team

We are proud to offer girls the opportunity to participate in competitive gymnastics in the AAU League. We have a long standing tradition in competitive gymnastics and awesome coaching staff to help the girls reach their greatest potential.

Bronze Level Team Fee: \$275

Age: 6 & up

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

Practice is 5.75 hours a week:

- **Monday & Wednesday**
6:00 - 8:00pm
- **Saturdays**
11:15 am - 1:00pm



Silver Level Team Fee: \$300

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



Gold Level Team Fee: \$300

Age: 6 & up

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

Practice is 7 hours a week:

- **Tuesdays**
6:00 - 8:00pm
- **Thursdays**
5:00 - 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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