

Rates

Annual Registration Fee

\$25 per child (or \$20 each - 2 children / \$15 each - 3 children per family). This includes yearly insurance coverage, and on initial enrollment, a free Nastics or Leapfrog T-Shirt.

Sibling Discount

There is a 10%-20% sibling discount on tuition for families with more than one child enrolled at Nastics.

Tuition

Based on a 17 week session (5 months):

Session I – Sept thru end of January

Session II – February thru mid June

(8 week Summer session –July-Aug – pro-rated)

See separate flyer for tuition & class offerings

Session Tuition	1 x week	2 in family	3 in family
Tadpoles (50min)	332	320ea	294ea
Leapfrog (50min)	332	320	294
Pre Beginner(1hr)	332	320	294
Level I/II (1 hr)	332	320	294
Level II/III (1½hr)	440	396	362
Pre-Team & Team	varies		

BIRTHDAY PARTIES

Parties at Nastics are a *great* way to celebrate your child's special day. Let our experienced and dedicated staff lead your child through instruction on the equipment & various types of gymnastics related games & activities. Our birthday parties include 1 hour of gymnastics instruction, games & activities, and ½ an hour of party time.

Includes THEME & All inclusive parties. Call for info.

Programs

Tadpoles (ages 2-3 with parent participation)

The Tadpole program is designed to give your growing toddler a safe and creative environment to explore a new world of body awareness. Caregivers play a vital role in providing their child the security to explore this new world. For this reason, parent and child work together on all the gymnastics equipment (Bars, Beam, Floor, Vault, Tampoline / Tumble Trak) set up in obstacle courses and movement activities, while being instructed by teaching staff. Classes are structured and provide different lesson themes each week, the same as our Leapfrog program.

Tues 9:30 - 10:20 am
Fri. 9:30 - 10:20 am

Leapfrogs (ages 3-5) Student/Teacher ratio- 6:1

The Leapfrog program uses gymnastics fundamentals in an obstacle course setting using all equipment (see above) to provide children with the opportunity to advance fine and gross motor skills, physical ability, listening skills, and social skills, in a positive and age appropriate environment, with an emphasis on having fun.

Wed / Th 9:30 - 10:20am
Tues / Wed / Th / Fri 10:30 - 11:20 am
Tues / Wed / Th 1:00 - 1:50 pm
Fri 4:15 - 5:05 pm
Sat 9:00 - 9:50 am



Pre Beginner (ages 5-6) Student/Teacher ratio- 8:1

The Pre beginner program is a transitional class for Leapfrog move-ups & inexperienced 5-6 yr. olds. The focus is on fundamental building blocks of beginner gymnastics skills, while increasing their knowledge of gymnastics terminology, body awareness, & overall fitness.

Mon / Tues / Th 4:15 - 5:15pm
Mon / Wed / Th / Fri 5:15 - 6:15pm
Sat 10:00 - 11:00am

Level I/II Olympic Gymnastics—(ages 5-16)

Student/Teacher ratio- 8:1

The Level I/II gymnastics program focuses on the fundamental building blocks of gymnastics. In this program children will learn beginner thru intermediate level gymnastics skills on all events while increasing their knowledge of gymnastics terminology, body awareness, and overall fitness.

Mon / Tues / Th 4:15 - 5:15 pm
Mon / Wed / Th / Fri 5:15 - 6:15 pm
Sat 10:00 - 11:00 am

Level II/III Olympic Gymnastics—(ages 6-18)

Student/Teacher ratio- 8:1

The Level II/III gymnastics program is designed to give students who have mastered the level I/II skills, an opportunity to learn & perfect intermediate/advanced gymnastics skills while encouraging self motivation & self esteem through a positive & rewarding environment.

Tues 5:15 - 6:45 pm
Thurs 6:15 - 7:45 pm
Sat 11:00 - 12:00 am



Pre-Team – (ages 5-7)

Our Pre-Team is selected from our 5-7 yrs old students who show potential in the sport and have mastered the basic beginner skills of gymnastics. (No competition) (By invitation only)

Mon &/or Wed 6:00 - 8:30pm

Competitive Team – (ages 7-18)

The Competitive team program [USAG Levels 4 and up] offers those gymnasts that exhibit ability & desire a chance to compete & travel.

Participation in the girls' team is by invitation only. Coaches evaluate girls in the gymnastics classes to determine when they have mastered the skills necessary to compete, and who show desire & good attitude.

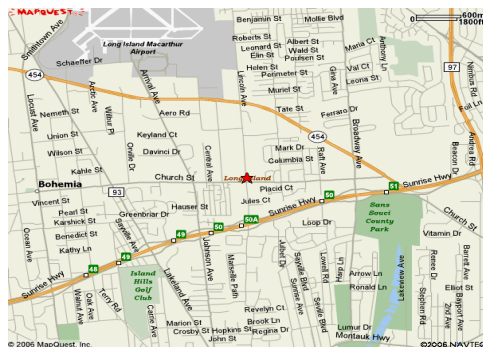
Mon/Tues/Wed 6:15-8:45pm - Fri 6:15-9:15pm Sat-9:45am-12:15pm



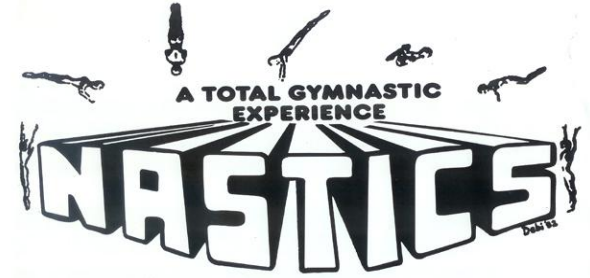
Nastics was formed in 1979 with the desire to expose children to the beauty, fun and excitement of gymnastics. Our programs develop each child as an individual, at all levels of instruction. Nastics believes in guided self-paced instruction with an emphasis on a positive self-image. Our goal is to have each child see and reach his/her potential through movement.

NASTICS modern, 8,000 sq. ft. Facility is fully equipped with the latest regulation safety gymnastics apparatus for girls & boys. Numerous sets of equipment allow students more practice & less waiting; includes: 8 BALANCE BEAMS ~ 4 low BEAMS ~ 3 sets UNEVEN BARS ~ 1 HIGH BAR ~ 1 PARALLEL BAR ~ 42'x42' SPRING FLOOR ~ 40 ft. TUMBLE TRAK ~ 1 VAULT TABLE ~ 1 HORSE ~ 1 POMMEL HORSE ~ RINGS ~ 1 large TRAMPOLINE ~ 2 MINI TRAMPS ~ mirrored dance area ~ numerous incline mats & teaching devices. Our entire ADULT STAFF is U.S. Gymnastics Safety Certified, and some are NYS Certified Teachers. All have between 5 to 30 yrs. teaching & coaching experience and are all former "competitive" gymnasts.

Located at 921-1 Lincoln Ave. Holbrook; 1 mile south of Vets Hwy & 1 mile north of Sunrise Hwy, just north of Church St.



NASTICS
921-1 Lincoln Ave.
Holbrook, NY 11741
631-567-0066



Est. 1979

**921-1 Lincoln Ave
Holbrook NY 11741**

Phone: (631) 567-0066

www.nastics.net

Offering for Girls & Boys
Toddler Gymnastics
Preschool Gymnastics
Recreational & Olympic
Gymnastics
Pre-Team
Competitive Team

Birthday Parties

**Call for a Free Trial Class
Today!!!**