

# Rates

## Annual Registration Fee

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

## Sibling Discount

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

## Tuition – (See separate flier for prices)

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 class schedule & tuition

## **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 “Super Saver” or “All Inclusive” parties. Call for info. & party brochure.**



# 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, Trampoline / 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- max.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 - 10:20 am
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-max 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 - 5:15 pm
Mon / Wed / Th / Fri	5:15 - 6:15 pm
Sat	10:00 - 11:00 am

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

Student/Teacher ratio- max 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 / Fri	5:15 - 6:15 pm
Sat	10:00 - 11:00 am
	11:00 - 12:00 pm

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

Student/Teacher ratio- max.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 to advanced gymnastics skills while encouraging self motivation & self esteem through a positive & rewarding environment.

Tues	5:15 - 6:45 pm
Thurs	5:15 - 6:45 pm
	6:45 - 8:15 pm



## **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)

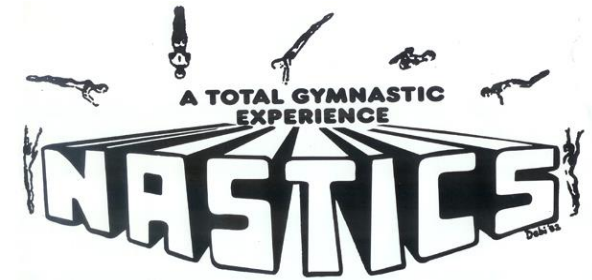
Tues &/or Thurs	5:15 - 6:45 pm
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## **Competitive Team – (ages 7-18)**

The Competitive team program [USAG Levels 3 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 - 8:45 pm
Fri	6:15 - 9:15 pm
Sat	4:00 - 6:30 pm



Est. 1979

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

**Phone: (631) 567-0066**

[www.nastics.net](http://www.nastics.net)

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, while having fun in a safe environment.

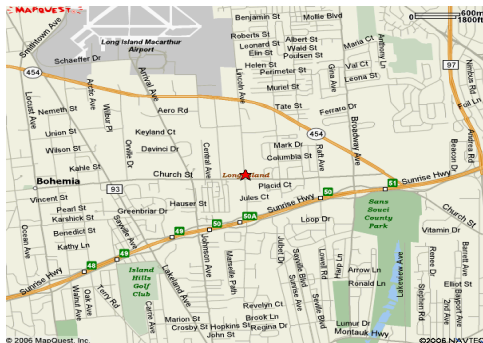
NASTICS modern, 8,000 sq. ft. Facility is fully equipped with the latest regulation safety gymnastics apparatus for girls & boys. Numerous sets of equipment allow students more practice & less waiting; includes: 8 BALANCE BEAMS ~ 4 low BEAMS ~ 3 sets UNEVEN BARS ~ 1 HIGH BAR ~ 1 PARALLEL BAR ~ 42'x42' 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, CPR/1stAid Cert. & some are NYS Certified Teachers, with 5 to 40 yrs. teaching & coaching experience and are former "competitive" gymnasts.

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

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

***Birthday Parties***

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



**NASTICS**  
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Holbrook, NY 11741  
631-567-0066