



17 MINNEAKONING ROAD
 FLEMINGTON, NJ 08822
 Phone (908) 782-1777
www.shieldsgymnastics.net

FALL 2022 - 2023 CLASS SCHEDULE

Shields Gym will be closed on the following dates: Labor Day Sep 5, 2022, Thanksgiving Nov 24-Nov 27, 2022, Winter Break Dec 24, 2022-Jan 1, 2023, Spring Break April 9-15, & Memorial Day May 29, 2023

A waiver is needed for all new participants of Shields Gymnastics

CLASSES BEGIN TUESDAY SEPTEMBER 6, 2022

All classes are 55 minutes unless specified

Instructors and Schedules are subject to change without notice

Pre-School							
Age Group	Minutes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parent/ Toddler	45				9:15am		
2—3	45	5:00pm	5:00pm			9:15am 10:15am 4:00pm	11:00am
3—4	45						9:00am 10:00am
3—5	45	4:00pm 5:00pm	4:00pm	4:00pm 6:00pm	10:15am 11:15am		
4—6	55	4:00pm 6:00pm	6:00pm	5:00pm	4:00pm	5:00pm	9:00am 10:00am 11:00am
5—6	55		5:00pm	6:00pm			
Boys Parkour							
Age Group		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6—8					6:00pm		10:00am (ages 6+)
7+							
8+					7:00pm		
10+							
Tumbling							
Age Group		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jr. Tumbling (7—11)						5:00pm	
Sr. Tumbling (12+)		8:00pm					

Girls						
Age Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6—8	5:00pm (A/B) 6:00pm (A/B)	6:00pm (A/B) 7:00pm (A/B)	4:00pm (A/B) 5:00pm (A/B) 7:00pm (B)	6:00pm (A/B)		9:00am (A/B)
6—9		4:00pm (A/B)		4:00pm (A/B)	4:00pm (A/B)	
8—10	7:00pm (B)	7:00pm (A/B)	6:00pm (B/C)	7:00pm (B/C)	6:00pm (A/B)	
8-12						11:00am (B)
9+	6:00pm (C+) 1.5hr			6:00pm (A/B)		
10+	7:00pm (A/B)		7:00pm (B/C)	5:00pm (B/C)		
Star Program						
	Monday	Tuesday	Wednesday	Thursday	Friday	
Mini Stars		4:00-5:00pm		4:00-5:00pm		
Shooting Stars	4:00-5:30pm		4:00-5:30pm			
USAG						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
USAG Pre-Team		4:30-6:30pm		4:30-6:30pm		9:30-11:30am
USAG Level 3	4:30-7:30pm		4:30-7:30pm		4:30-7:30pm	
USAG Level 5	5:00-9:00pm		5:00-9:00pm		4:00-8:00pm	11:30am-3:30pm
USAG Optional Levels	5:00-9:00pm	5:00-9:00pm	5:00-9:00pm	5:00-9:00pm		11:30am-3:30pm
JOGA						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JOGA Pre-Team	5:30-7:30pm		5:30-7:30pm	5:00-7:00pm		
JOGA Team (All Levels)		5:45-8:45pm		5:45-8:45pm		
Other Programs						
Adult Class	Open Gym (Ages 7+)			Handspring/Tuck Clinic (Ages 8+)		
\$35 Annual Registration (waiver needed) \$15 Walk-In or prepay 10 classes for \$120 Tuesday 8-9pm	\$10 Member/\$15 Non-Member (waiver needed) Saturday 12-2pm * Not for beginners*			\$35 Annual Registration (waiver needed) \$10 walk in fee per clinic Wednesday 8-8:45pm		
Private Lessons (30 mins) CALL TO SCHEDULE \$35 Annual Registration (waiver needed) \$60 per lesson						
FEE SCHEDULE	1 class a week \$100/mo 2 classes a week or 2 children \$190/mo 3 classes a week or 3 children \$280/mo 4 classes a week or 4 children \$370/mo		FITNESS CENTER	\$35 Annual Registration Fee and Waiver Required \$15/mo, \$150/yr Individual Unlimited Use \$25/mo, \$250/yr (2 family members) Unlimited Use \$5 Walk-In		

**Payment is due the first class of the month. At time of registration, a one-month security deposit and a \$35 annual registration fee (good for an entire calendar year) will be required for each student enrolling. There is a \$30 service charge for all checks returned by bank. All credit card refunds are subject to a 6% processing fee. Makeup class procedure: 4 make-ups per year. Please call to let us know your child will be missing class and call to schedule the make-up. Students must be currently enrolled to schedule a make-up class.*