

**Gymnastics, Tumbling & Karate**

Promote perseverance, pride of accomplishment, discipline and self confidence. They establish the foundation for all sports by building strength, speed, flexibility and body awareness. Our aim is to increase your child's self esteem through goal oriented progressions that recognize individual differences in growth and maturity. *Class Schedule subject to enrollment & staff availability.*

**Start any Program** at any time during the year. Your Class spot is maintained from Session to Session (10-Weeks each). Summer Class Schedules are announced in the Spring. Students are placed in Classes according to age and skill level. Student/Teacher ratios are kept as small as possible.

We take every precaution to provide a **safe, clean and socially acceptable means** for your children to enjoy being at Epic and Pendo Karate. Safety is our top concern. The facility is deep cleaned and fogged every night. Events are wiped down in-between rotations and classes. These precautions are based on the state level guidelines and will be enforced to ensure the children and staff are as safe as possible while conducting classes. Let's work together to provide the best overall environment for all students, families and staff.

**Gymnastics Teams** - Developmental and Competitive Teams participate in USA Gymnastics (USAG) Xcel & our in house Epic Twisters team. Numerous individual and team titles at State, Regional and National Meets.

**Gym Open Workouts**

Practice your skills at your pace under Staff supervision.

Current Class & Team Students (must be in first grade) Every Friday Night 7:00-9:00pm - \$20 per Friday

**Not a member?** Pay Registration Fee of \$25 per student or \$35 per family to attend open workouts all year.

**Facility** - Fully Air Conditioned 21,000 square ft facility that surpasses all USA Gymnastics specifications with top notch equipment for every age, level and program.

**Make Up Policy** - Two Make Ups within each Session. Must be currently enrolled in Class Register online at Epicgymnj.com

Questions?! Call 732-223-5020 or email [info@Epicgymnj.com](mailto:info@Epicgymnj.com)

Team Questions!? [Team@Epicgymnj.com](mailto:Team@Epicgymnj.com)

Epic Gymnastics	Class	Length	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior Gym 1-5yrs	Me & You 1-2yrs	1/2 hr		9:00, 9:30	11:00, 11:30			9:00, 9:30
	Me & You 2-3yrs	3/4 hr		9:00, 10:00, 11:00, 12:00, 1:00, 2:00, 3:00, 4:00	9:00, 10:00, 11:00, 12:00, 1:00, 2:00, 3:00, 4:00	9:00, 10:00, 11:00		9:00, 10:00, 11:00
	Mini Gym 3yrs *must be potty trained	3/4 hr		9:00, 10:00, 11:00, 12:00, 1:00, 2:00, 3:00, 4:00	9:00, 10:00, 11:00, 12:00, 1:00, 2:00, 3:00, 4:00, 5:00	9:00, 10:00, 11:00	4:00, 5:00, 6:00	9:00, 10:00, 11:00
	Mighty Gym 4-5yrs	1 hr		9:00, 10:00, 11:00, 12:00, 1:00, 2:00, 3:00, 4:00	9:00, 10:00, 11:00, 12:00, 1:00, 2:00, 3:00, 4:00, 5:00	9:00, 10:00, 11:00	4:00, 5:00, 6:00	9:00, 10:00, 11:00
Girls Gym 6+yrs	Girls Gym 1	1 hr	4:00, 5:00, 6:00	4:00, 5:00, 6:00, 7:00	4:00, 5:00	4:00, 5:00, 6:00	4:00, 5:00, 6:00	
	Girls Gym 2/3	1 hr	4:00, 5:00, 6:00	4:00, 5:00, 6:00, 7:00	4:00, 5:00	4:00, 5:00, 6:00	4:00, 5:00, 6:00	
	Girls Gym 4	1 hr	4:00, 5:00, 6:00	4:00, 5:00, 6:00, 7:00	4:00, 5:00	4:00, 5:00, 6:00	4:00, 5:00, 6:00	
	Girls Gym 5 High School	1.5 hrs 1.5 hrs	4:30	4:00, 5:30, 7:00		4:30		
	Twisters	2 hrs			4:30-6:30 (2 hours)			
Boys Gym 6+yrs	Boys Gym	1 hr				4:00, 5:00	4:00, 5:00	
Tumbling and Tramp 6+yrs	Boys & Girls 6+ yrs	1 hr	5:00, 6:00, 7:00, 8:00			5:00, 6:00, 7:00, 8:00		
<b>Pendo Karate</b>	<b>Class</b>	<b>Length</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
Kinder Karate 3-4yrs	Kinder 3-4 yrs W/B	1/2 hr 1x or 2x/ wk	4:15		4:15	4:15		
Boys & Girls 5-18yrs	Intermediate 1 5-6 yrs W/B/Y	1 hr 1x or 2x/ wk	4:45		4:45		4:15	
	Intermediate 2 6-8 yrs W/Y/O* *6 yr olds must be O Belt	1 hr 1x or 2x/ wk	5:45		5:45		4:45	
	Advanced 1* 8-12 yrs W/Y/O/G/P *G Belts must be 8+yrs	1 hr 1x or 2x/ wk	6:45	4:15	6:45			
	Advanced 2/ Teen Br/SrBr or 13+ yrs Meets 2x/wk	1 hr 2x/wk	7:45	5:15	7:45	5:45	5:15	
	Black Belt	1 hr 1x or 2x/ wk			7:15		7:45	

# Session Schedule 2023-2024

## Four 10 - Week sessions

(All closings incorporated into your Childs 10 weeks)

Session #1 September 7th 2023

Session #2 November 16th 2023

Session #3 February 6th 2024

Session #4 April 16th 2024

## Gym Closings 2023-2024

November 23rd, 24th & 25th (Thanksgiving)

December 24th-January 1st (Christmas/New Year)

May 27th, 2024 (Memorial Day)

## Registration Fee

(Due with Registration - Non Refundable)

\$50 per student (\$80 per family) Family Discount

Available! Epic T-Shirt for every registered athlete!

Reg. Fee covers from first class through summer.



"Jump off the beam, flip off the bars,  
follow your dreams and reach for the stars."

— Nadia Comaneci

Session	Mon Classes	Tues Classes	Wed Classes	Thur Classes	Fri Classes	Sat Classes
1	Sep 11 <sup>th</sup> Nov 13 <sup>th</sup>	Sep 12 <sup>th</sup> Nov 14 <sup>th</sup>	Sep 13 <sup>th</sup> Nov 15 <sup>th</sup>	Sep 7 <sup>th</sup> Nov 9 <sup>th</sup>	Sep 8 <sup>th</sup> Nov 10 <sup>th</sup>	Sep 9 <sup>th</sup> Nov 11 <sup>th</sup>
2	Nov 20 <sup>th</sup> Feb 5 <sup>th</sup>	Nov 21 <sup>st</sup> Jan 30 <sup>th</sup>	Nov 22 <sup>nd</sup> Jan 31 <sup>st</sup>	Nov 16 <sup>th</sup> Feb 1 <sup>st</sup>	Nov 17 <sup>th</sup> Feb 2 <sup>nd</sup>	Nov 18 <sup>th</sup> Feb 3 <sup>rd</sup>
3	Feb 12 <sup>th</sup> April 15 <sup>th</sup>	Feb 6 <sup>th</sup> April 9 <sup>th</sup>	Feb 7 <sup>th</sup> April 10 <sup>th</sup>	Feb 8 <sup>th</sup> April 11 <sup>th</sup>	Feb 9 <sup>th</sup> April 12 <sup>th</sup>	Feb 10 <sup>th</sup> April 13 <sup>th</sup>
4	Apr 22 <sup>nd</sup> June 25 <sup>th</sup>	Apr 16 <sup>th</sup> Jun 18 <sup>th</sup>	Apr 17 <sup>th</sup> June 19 <sup>th</sup>	Apr 18 <sup>th</sup> June 20 <sup>th</sup>	Apr 19 <sup>th</sup> June 21 <sup>st</sup>	Apr 20 <sup>th</sup> June 22 <sup>nd</sup>



# 2023-2024

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