

**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 \$40 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	9:00, 10:00, 11:00	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, 4:00	9:00, 10:00, 11:00, 4:00, 5:15	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, 4:00	9:00, 10:00, 11:00, 4:00, 5:15	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, 7:00	4:00, 5:00, 6:00, 7:00	4:00, 5:15	4:00, 5:00, 6:00, 7:00	4:00, 5:00, 6:00	
	Girls Gym 2/3	1 hr	4:00, 5:00, 6:00, 7:00	4:00, 5:00, 6:00, 7:00	4:00, 5:15	4:00, 5:00, 6:00, 7:00	4:00, 5:00, 6:00	
	Girls Gym 4	1 hr	4:00, 5:00, 6:00, 7:00	4:00, 5:00, 6:00, 7:00	4:00, 5:15	4:00, 5:00, 6:00, 7:00	4:00, 5:00, 6:00	
	Girls Gym 5	1.5 hrs	4:30, 6:00	4:00, 5:30		4:30, 6:00		
	High School	1.5 hrs		7:00				
Twisters	2 hrs			4:30				
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 2024-2025

### Four 10 - Week sessions

(All closings incorporated into your Childs 10 weeks)

Session #1 September 5th 2024

Session #2 November 15th 2024

Session #3 February 3rd 2025

Session #4 April 14th 2025

### Gym Closings 2024-2025

October 31st (Halloween)

November 28th - 30th (Thanksgiving)

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

May 26th - 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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	SEP 9TH NOV 11TH	SEP 10TH NOV 12TH	SEP 11TH NOV 13TH	SEP 5TH NOV 14TH	SEP 6TH NOV 8TH	SEP 7TH NOV 9TH
2	NOV 18TH JAN 27TH	NOV 19TH FEB 4TH	NOV 20TH FEB 5TH	NOV 21ST FEB 6TH	NOV 15TH JAN 31ST	NOV 16TH FEB 1ST
3	FEB 3RD APR 7TH	FEB 11TH APR 15TH	FEB 12TH APR 16TH	FEB 13TH APR 17TH	FEB 7TH APR 11TH	FEB 8TH APR 12TH
4	APR 14TH JUNE 23RD	APR 22ND JUN 24TH	APR 23RD JUNE 25TH	APR 24TH JUNE 26TH	APR 18TH JUNE 20TH	APR 19TH JUNE 21ST

### EPIC GYMNASTICS 2024/2025 SESSION SCHEDULE & CLOSINGS



**pendo**  
KARATE

## 2024-2025

2351 HWY 34

Manasquan, NJ 08736

732-223-5020

Email: [info@epicgymnj.com](mailto:info@epicgymnj.com)

[www.epicgymnj.com](http://www.epicgymnj.com)

[www.pendokarate.com](http://www.pendokarate.com)

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Begin here, Go anywhere!