



CONTINUOUS ROLLING ENROLLMENT ALL YEAR LONG

NEW SCHEDULE BEGINS SEPTEMBER 2ND

2025-2026 Schedule

Waddle with Me

Ages 12 months – 2 years

This is a parent participation class.
Monday 9:30-10:15
Thursday 9:30-10:15

Tuition: \$120 per 6-week session

Come with Me

Ages 2 & 3

This is a parent participation class.
Younger children may accompany older children if they are in a stroller or infant carrier.

Monday 10:30-11:15
Tuesday 10:00-10:45
Wednesday 10:15-11:00
Saturday 8:45-9:30
Sunday 8:45-9:30, 9:45-10:30

Tuition: \$136.00 per month

Morning Preschool

Star Catchers

Ages 3.5 – 5

Tuesday 9:00-9:50
Thursday 10:30-11:20
Friday 10:30-11:20

Tuition: \$146.00 per month

Star Catchers

Ages 4 & 5

Monday 4:15-5:15
Tuesday 4:15-5:15, 5:30-6:30
Wednesday 4:15-5:15, 5:30-6:30
Thursday 4:15-5:15, 5:30-6:30
Friday 4:15-5:15, 5:30-6:30
Saturday 10:00-11:00, 11:30-12:30
Sunday 8:45-9:30 (45 min. \$136) 9:45-10:45, 11:00-12:00

Tuition: \$165.00 per month

Tumbling

All levels – Ages 9+

Saturday 11:30-12:30

Tuition: \$165.00 per month

First Dimension

Beginner class – Ages 5.5+

Monday 4:15-5:15, 5:30-6:30
Tuesday 4:15-5:15, 5:30-6:30
Wednesday 4:15-5:15, 5:30-6:30
Thursday 4:15-5:15, 5:30-6:30
Friday 4:15-5:15, 5:30-6:30
Saturday 10:00-11:00, 11:30-12:30
Sunday 9:45-10:45, 11:00-12:00

Tuition: \$165.00 per month

Second Dimension

Intermediate class - Ages 7+

Monday 3:50-5:20, 5:50-7:20
Tuesday 3:50-5:20, 5:50-7:20
Wednesday 3:50-5:20, 5:50-7:20
Thursday 3:50-5:20, 5:50-7:20
Friday 3:50-5:20, 5:50-7:20
Saturday 9:45-11:15, 11:15-12:45

Tuition: \$203.00 per month

Third Dimension

Advanced Class - Ages 7+

Monday 3:50-5:20, 5:50-7:20
Tuesday 3:50-5:20, 5:50-7:20
Wednesday 3:50-5:20, 5:50-7:20
Thursday 3:50-5:20, 5:50-7:20
Friday 3:50-5:20
Saturday 9:45-11:15

Tuition: \$203.00 per month

4th Dimension

Pre-Team Xcel - Ages 7+

This workout is by invitation only. Your gymnast will focus on learning the skills and routines needed to prepare them for our Xcel Team.

Tuesday 6:30-8:30 & Friday 6:30-8:30

Tuition: see front desk for more information

First Dimension

Beginner class – Ages 9+

Monday 5:30-6:30

Tuition: \$165.00 per month

NINJA CLASSES

Ages 4-6 (Co-ed)

Monday 4:20-5:20
Tuesday 4:20-5:20
Wednesday 5:40-6:40
Thursday 4:20-5:20

Ages 7-9 (Co-ed)

Monday 5:40-6:40
Wednesday 4:20-5:20
Thursday 5:40-6:40

Ages 10-15 (Co-ed)

Tuesday 5:40-6:40

Tuition: \$148.00 per month

Class uniform requirements: ND Ninja T-shirt, Shorts/Sweatpants & Sneakers. ND Ninja T-shirt available for purchase at our front desk.

25 LINDEMAN DRIVE, TRUMBULL, CT
WEBSITE: WWW.NDGYMNASTICS.COM PHONE: 203-372-3222