



# WINTER 2022/2023 PROGRAMS

PreK3 to 13 yrs

**GRIT**

**WINTER 2022**

# **SPORTS TRAINING & CONDITIONING**

## **GRIT Punch Starters**

Ages 3-4 yrs

Mondays: 4:30pm - 5:30pm

Saturdays: 9:00am - 10:00am

## **GRIT Kick Starters**

Ages 5-6 yrs

Mondays: 5:30pm - 6:30pm

Wednesdays: 3:30pm - 4:30pm

## **GRIT Jump Start**

Ages 7-12+ yrs

Wednesdays: 4:30pm - 5:30pm

**GRIT**  
SPORTS TRAINING

**WINTER 2022**

# **BEAST COAST BASKETBALL**

**Winter Session (Dec 15 - March 9)**

**Tuesdays & Thursdays**

**(Primary Prep Students Only)**

**Grades 3rd - 5th: 3:00pm-4:00pm**

**Grades 6th - 8th: 4:00pm-5:00pm**

**Non-Primary Prep Students**

**Thursdays (Dec 15 - March 9)**

**Grades 3rd - 5th: 6:00pm-7:00pm**



**GRIT**  
BASKETBALL



SCAN HERE  
TO SIGN UP!



**WINTER 2022**

# **SKATEBOARDING**

## **GRIT Little Shredders**

Ages 4-6 yrs

Saturdays: 10:00am - 11:00am

## **GRIT Beginner Shredders**

Ages 6-8 yrs

Saturdays: 11:00am - 12:00pm

Drop-in Shesh Sessions

Weather Permitting:)



**WINTER 2022**

# **INTRO TO BASKETBALL**

## **GRIT Basketball Rookies**

Ages 5-6 yrs

Tuesdays: 3:30pm - 4:30pm

## **GRIT Basketball Pros**

Ages 7-9 yrs

Tuesdays: 4:30pm - 5:30pm

Wednesdays: 5:30pm - 6:30pm

## **GRIT Basketball All-Stars**

Ages 9+ yrs

Wednesdays: 6:30pm - 7:30pm

**GRIT**  
BASKETBALL

**WINTER 2022**

# **PARKOUR**

## **GRIT Future Freerunners**

Ages 3-4 yrs

Thursdays: 3:30pm - 4:30pm

Saturdays: 10:00am - 11:00am

## **GRIT Freerunners**

Ages 5-6 yrs

Thursdays: 4:30pm - 5:30pm

Saturdays: 11:00am - 12:00pm

## **GRIT Youth Parkour**

Ages 7-12 yrs

Tuesdays: 5:30pm - 6:30pm

Thursdays: 5:30pm - 6:30pm

## **GRIT Parkour Levels 1 & 2**

Ages 9-16 yrs

Tuesdays: 6:30pm - 8:00pm

Thursdays: 6:30pm - 8:00pm

**GRIT**  
PARKOUR

**WINTER 2022**

# **GYMNASTICS**

## **GRIT Future Tumblers**

Ages 3-4 yrs

Mondays: 2:45pm - 3:30pm

Saturdays: 12:00pm - 12:45pm

## **GRIT Tumblers**

Ages 5-8 yrs

Mondays: 3:30pm - 4:30pm

Saturdays: 12:45pm - 1:45pm

## **Gymnastics Level 1&2**

Ages 7-12

Mondays: 6:30pm - 7:30pm



**GRIT**  
GYMNASTICS



## PROGRAMS FOR AGES 3-4

### SPORTS TRAINING /CONDITIONING

Mondays: 4:30pm - 5:30pm  
Saturdays: 9:00am - 10:00am

### GYMNASTICS

Mondays: 2:45pm - 3:30pm  
Saturdays: 12:00pm - 12:45pm

### PARKOUR

Thursday: 3:30pm - 4:30pm  
Saturdays: 10:00am - 11:00am

### SKATEBOARDING

Tuesdays: 4:00pm - 5:00pm  
Saturdays: 10:00am - 11:00am

## PROGRAMS FOR AGES 5-6

### SPORTS TRAINING/ CONDITIONING

Mondays: 5:30 pm - 6:30pm  
Wednesdays: 3:30pm - 4:30pm

### INTRO TO BASKETBALL

Tuesdays: 3:30pm - 4:30pm

### GYMNASTICS

Mondays: 3:30pm - 4:30pm  
Saturdays: 12:45pm - 1:45pm

### PARKOUR

Thursdays: 4:30pm - 5:30pm  
Saturdays: 11:00am - 12:00pm

### SKATEBOARDING

Tuesdays: 4:00pm - 5:00pm  
Saturdays: 10:00am - 11:00am,  
11:00am - 12:00pm

## PROGRAMS FOR AGES 7+

### SPORTS TRAINING/ CONDITIONING

Mondays: 5:30 pm - 6:30pm  
Wednesdays: 3:30pm - 4:30pm

### INTRO TO BASKETBALL

Tuesdays: 4:30pm - 5:30pm  
Wednesdays: 5:30pm-6:30pm  
6:30pm-7:30pm

### GYMNASTICS Level 1&2

Mondays: 6:30pm - 7:30pm

### PARKOUR

Tuesdays: 5:30pm - 6:30 pm,  
6:30pm - 8:00pm  
Thursdays: 5:30pm - 6:30 pm,  
6:30pm - 8:00pm

### SKATEBOARDING

Tuesdays: 5:00pm - 6:00pm  
Saturdays: 12:00pm - 1:00pm



# WINTER SCHEDULE

DECEMBER 5- MARCH 18\*

PARKOUR	GYMNASTICS	SPORTS TRAINING	BASKETBALL	SKATEBOARDING
<b>FUTURE FREERUNNERS</b> AGES 3-4 THURS: 3:30PM - 4:30PM SAT: 10AM - 11AM	<b>FUTURE TUMBLERS</b> AGES 3-4 MON: 2:45PM - 3:30PM SAT: 12PM - 12:45PM	<b>PUNCH STARTERS</b> AGES 3-4 MON: 4:30PM - 5:30PM SAT: 9AM - 10AM	<b>BASKETBALL ROOKIES</b> AGES 5-7 TUES: 3:30PM - 4:30PM	<b>LITTLE SHREDDERS</b> AGES 4-5 SAT: 10AM - 11AM
<b>FREERUNNERS</b> AGES 5-7 THURS: 4:30PM - 5:30PM SAT: 11AM - 12PM	<b>TUMBLERS</b> AGES 5-7 MON: 3:30PM - 4:30PM SAT: 12:45PM - 1:45PM	<b>KICK STARTERS</b> AGES 5-7 MON: 5:30PM - 6:30PM WED: 3:30PM - 4:30PM	<b>BASKETBALL PROS</b> AGES 7-9 TUES: 4:30PM - 5:30PM WED: 5:30PM - 6:30PM	<b>BEGINNER SHREDDERS</b> AGES 5-7 SAT: 11AM - 12PM
<b>YOUTH PARKOUR</b> AGES 7-12 TUESDAY & THURSDAY 5:30PM - 6:30PM	<b>GYMNASTICS LEVEL 1&amp;2</b> AGES 7-12 MON: 6:30PM - 7:30PM	<b>JUMP STARTERS</b> AGES 7-12 WED: 4:30PM - 5:30PM	<b>BASKETBALL ALL-STARS</b> AGES 9+ WED: 6:30PM - 7:30PM	<b>BETTER SHREDDERS</b> AGES 7-12 SAT: 12PM - 1PM
<b>*PARKOUR LEVEL 1&amp;2</b> AGES 9-16 TUESDAY & THURSDAY 6:30PM - 8PM				

### WINTER SEMESTER (14 WEEKS)

1 CLASS/WEEK: \$440 (\$31/CLASS)

2 CLASS/WEEK: \$700 (\$25/CLASS)

**\*BEST DEAL\***

DROP IN: \$39

### PARKOUR LEVEL 1 & 2 (14 WEEKS)

1 CLASS/WEEK: \$560 (\$40/CLASS)

2 CLASS/WEEK: \$840 (\$30/CLASS)

**\*BEST DEAL\***

DROP IN: \$50

\*No classes between Xmas & New Years

## KIDS NIGHTS

Saturday, Dec 17th  
 Saturday, Jan 7th  
 Saturday, Jan 21  
 Saturday, Feb 4th  
 Saturday, Feb 25th  
 Saturday, Mar 11  
 Saturday, Mar 25

## HOLIDAY CAMP\*

Winter Session I - Dec 19-23rd  
 Winter Session II - Dec 26-30th  
 NYC Day (Observed) Monday Jan 2nd  
 MLK Day- Monday Jan 16th  
 Presidents Day - Monday Feb 20th  
 Good Friday Apr 6th & 7th  
 Spring Break I - Apr 10-14th  
 Eid-al-Fitr Apr 21  
 Memorial Day -May 26 & May 29th  
 Juneteenth Jun 19th

This is the Jersey City School District Schedule. We will continue to add dates to our Holiday and School closing schedule. If you attend a local school that has additional or different holidays please send us your calendar so we can include it on our day camp schedule.

**When schools are closed GRIT is OPEN**

## PRICING

### WINTER PROGRAMS

#### 14 Week Semester

\$440 for 1 class per week  
 \$700 for 2 classes per week  
 or \$39 per class

### KIDS NIGHT

Select Saturdays 6-9pm  
 \$45 per child  
 30% Sibling Discount

### HOLIDAY CAMP

Full Day - \$149  
 Half Day - \$99

# BIRTHDAYS @ GRIT!

Come  
celebrate  
your big day  
with us!



Rent our entire gym!

Highly customizable  
events to meet your  
needs!

Ask about our  
availability today!



**GRIT**  
SPORTS TRAINING