
Sal Ridente, Owner & Director

Sal Ridente, Owner and Director of Diamond Gymnastics Academy has been in the gymnastics industry for over 25 years. He has developed programs such as preschool, recreational and competitive gymnastics staffed with highly trained professional instructors. Diamond Gymnastics Academy is a state of the Art facility offering gymnastics, cheerleading, and kid-fit classes beginning at 18 months old.

Sal holds two Masters Degrees from Seton Hall University in Professional Counseling and as an Education Specialist.



One Commerce Drive
Cranford, NJ 07016
www.diamondgymnasticsacademy.com

Phone: 908-272-3500
Fax: 908-272-3566



DIAMOND GYMNASTICS ACADEMY

Gymnastics * Cheerleading * Private Lessons * Kids Night Out * Kid-Fitness Programs * Birthday Parties



Where Our Student's Shine!

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Pre School Gymnastics

Mom & Tot: (Ages 18 mos. to 2.5)

Introduction and exploration of the sport of gymnastics... tumbling, and physical movement taught through fun and creative gymnastic games using slides, tunnels, ladders, balance beams, trampoline and other gymnastics equipment (modified to child's height) in a challenging environment. **Classes offered M-Sat (9:00, 10:00, 1:00 & 3:30).**



45 minute class. (parent must participate with child)

Tiny Tumblers: (ages 3 to 4)

Our Tiny Tumblers class focuses on connecting fun terminology of gymnastics skills on each piece of equipment along with proper gymnastics technique. Our students will learn seat drops, doggie drops, and helicopters on trampoline, forward rolls, backward rolls, beginnings of cartwheels and handstands on floor exercise, balancing skills on beam and hanging skills on the uneven bars. **Classes offered M-Sat (9:00, 10:00, 1:00, 3:30, 4:45 & 6:00).**

45 minute class (No parent participation)

KinderGym: (ages 4.5 to 5.5)

Our KinderGym students further develop their gymnastics technique and terminology on each piece of Olympic Apparatus including Trampoline. Strength and flexibility are introduced to further enhance their gymnastics ability in order to prepare for the next level skills class. **Classes offered M-Sat (9:00, 10:00, 1:00, 3:30, 4:45 & 6:00).**

1 hour class

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Recreational Gymnastics

Girls/Boys Recreational Gymnastics (ages 5 thru 12)

Girls & Boys are separated by gender and age specific groups and introduced to the basic foundation on each piece of Olympic gymnastics equipment including trampoline. Specific instruction is given to the importance of flexibility and strength training in order to gain competence of gymnastic skills. Handstands, cartwheels, round-offs, beginnings of back-handsprings are just a few skills your child will learn at the recreation instructional level.

*Please Note Rock climbing, rope climbing and strength training will be introduced in a fun and developmentally appropriate environment to enhance the learning process. **Classes offered M-Sat (9:00, 10:00, 1:00, 3:30, 4:45 & 6:00).**

1 Hour Class.

Advanced Gymnastics Skills Classes:

Advanced training on each Olympic event (including trampoline) is developed in a challenging safe environment. Options include a 1-1/2 hour or 2 hour program (One or Two times per week). This class is by invitation only. Students can be recommended or asked to be evaluated. Safety is our 1st priority; this class introduces flipping motions that are considered advanced level skills and require proficiency of the gymnastics basics.

M/W 3:30-5 Tue/Thur 4-6 & Friday 3:30 to 5:30

Competitive Team Program:

This program is by invitation Only. (Try-Outs are offered every December). Our competitive gymnastic programs travel throughout the State of NJ and have mandatory policies to ensure proper training. (Speak to Director for more information).

Visit us a:

www.diamondgymnasticsacademy.com and re-
view and/or schedule your Free Trial class using
iclassPro!

ADDITIONAL PROGRAMS:

Cranford After Care:

Cranford After Care and Diamond Gymnastics Academy have combined forces to offer a unique after school care program. Students are transported from their public school (Cranford/Clark) and brought to Cranford After Care via our licensed school bus. Upon their arrival at the facility, they will participate in activities such as recreational sport games, gymnastics, strength and flexibility training and most importantly homework. Your child will have a snack upon arrival, do their homework and then get busy moving their bodies. **Options include 3, 4 or 5 days per week from school dismissal to 6 PM.**

Kids Night Out:

Every month our gym is set aside for members and non-members to come join our staff for a fun night of gymnastic games, recreation games, arts & crafts, pizza and most importantly giving your parents time for themselves... **Last Friday of Every Month.**

Birthday Parties:

Your child will have a blast at Diamond Gymnastics Academy. Gymnastic games, obstacle courses and of course Trampoline. Saturday & Sunday times available. We recommend booking early to avoid getting closed out.

Summer Camp:

Our summer camp program is the perfect balance of fun indoor activities in an air-conditioned facility along with exciting outdoor/offsite fun that includes swimming, bowling, golf, and rock climbing! Options include half or full time enrollment for students ages 3 and above. Students are age appropriately grouped. Sign up early to avoid getting closed out.

