



Gymnastics

Summer 2024

Who are these programs for?

Our gymnastics classes are designed for children of all ages and levels of ability. We offer a wide range of programs to meet your child's needs in a way that is fun, engaging, and challenging. If you are unsure of which class to register for, see the back page for class descriptions, durations, and costs. For more information, feel free to contact us at **(406)259-2237** or **office@billingsgymnastics.com**



Frequently Asked Questions

Do I have to re-enroll each month? Once you enroll for the summer you will remain enrolled through the month of August unless you decide to drop your classes.

What if we are no longer able to continue with gymnastics? If you decide to discontinue one of our programs, please inform the office at least 1 week prior to the start of the next 4 week session. Failure to inform us of non-continuation will result in a charge for the following session.

How long is a session? Each session lasts for 4 weeks (4 classes) and roughly align with each month of the year. Please see our calendar for more information.

If we have to miss a class? We offer makeup classes for missed class days. If you have to miss a class, contact our office to schedule a makeup. Makeup eligibility expires 30 days after the missed class.

Do you charge a membership fee? There is no membership fee for Summer classes.

Class Schedule

	Monday	Tuesday	Wednesday	Thursday
Gym Buddies	10:00, 11:00	10:00, 11:00, 5:45	9:00, 10:00, 11:00, 5:45, 6:45	10:00, 11:00
Gym Kids 3/4	10:00, 11:00	10:00, 11:00, 5:45, 6:45	9:00, 10:00, 11:00, 5:45, 6:45	10:00, 11:00
Gym Kids 5/6	10:00, 11:00	10:00, 11:00, 5:45, 6:45	9:00, 10:00, 11:00, 5:45, 6:45	10:00, 11:00
Ninja Kids 4-6	4:45, 5:45, 6:45	----	----	----
Ninja Kids 7-10	4:45, 5:45, 6:45	----	----	----
Tumbling	10:00, 5:45 (Int) 11:00, 5:45 (Beg)	10:30 (Adv)	----	----
Girls Level 1	10:00, 11:00, 4:45, 6:45	10:00, 11:00, 6:45	9:00, 10:00, 11:00, 5:45, 6:45	10:00, 11:00
Girls Level 2	10:00, 11:00, 4:45, 6:45	10:00, 11:00, 6:45	9:00, 10:00, 6:45	10:00, 11:00
Girls Level 3	11:00, 5:45	11:00, 5:15	11:00, 4:15	11:00
Boys Level 1	10:00	5:45	10:00	10:00, 11:00
Boys Level 2	11:00	----	11:00	----

Class Descriptions

Gym Buddies

Ages: 18 months to 3 years
Cost: \$72 45 min class

For our youngest gymnasts; this is an adult participation class that focuses on social interaction, exploration, and the development of gross motor skills.

Gym Kid 3/4

Ages: 3 to 4
Cost: \$72 45 min class

This class introduces the basics of gymnastics and continues to work on developing gross motor skills. Children are not expected to master skills at this level.

Gym Kid 5/6

Ages: 5 to 6
Cost: \$76 60 min class

This class follows a similar format to the Gym Kids 3/4, with a stronger focus on skill development. Gymnasts will begin working on mastering the basic skills.

Ninja Kids 4-6

Ages: 4 to 6
Cost: \$72 45 min class

Unlike our Gym Kids classes, Ninja classes focus on overall athleticism, not necessarily on gymnastics. These classes concentrate on balance, agility, and stamina.

Ninja Kids 7-10

Ages: 7 to 10
Cost: \$76 60 min class

With a greater focus on general athleticism, this is a great class for kids who like to be active and try new challenges without focusing on specific skill development.



Beginning Tumbling

Ages: 6 to 18
Cost: \$76 60 min class

This is an introductory tumbling class for kids who want to learn the basics. This class is great for athletes wanting to pursue cheer, dance, or just for fun!

Intermediate Tumbling

Prerequisite: Cartwheel and Round-off
Ages: 6 to 18

Cost: \$76 60 min class

After mastering some of the basic skills, this class will focus on back handspring development and connected tumbling.

Advanced Tumbling

Prerequisite: Standing Backhandspring
Ages: 6 to 18

Cost: \$76 60 min class

After mastering some of the basic skills, this class will focus on back handspring development and connected tumbling.

Girls Level 1

Ages: 6 to 18
Cost: \$76 60 min class

Interested in being a gymnast? Level 1 introduces girls to the basic elements on Vault, Bars, Beam, and Floor while developing strength, flexibility, and confidence.

Girls Level 2

By Evaluation Only
Ages: 6 to 18

Cost: \$76 60 min class

Level 2 builds on the skills mastered in Level 1 while introducing more difficult ones. Level 2 also begins to introduce conditioning for gymnastics development.

Girls Level 3

By Evaluation Only
Ages: 6 to 18

Cost: \$86 90 min class

This is the most advanced of our Recreational Levels. Gymnasts continue to build on skills mastered in Levels 1 and 2 while working on more difficult skills.

Boys Level 1

Ages: 6 to 18
Cost: \$76 60 min class

This class introduces boys to the basic skills on Floor, Pommel Horse, Rings, Vault, Parallel Bars, and High Bar while developing strength, flexibility, and confidence.

Boys Level 2

By Evaluation Only
Ages: 6 to 18

Cost: \$86 90 min class

This is the most advanced of our Recreational Levels. Gymnasts continue to build on skills mastered in Level 1 while introducing more difficult skills.



Competitive Team

By invitation only, BGS offers a wide range of competitive programs including Girls Developmental, Girls Xcel, and Boys Level 3-10. Athletes must be at least 6 years old and received an evaluation by one of our coaches.