



Gymnastics

SUMMER 2021

Who are these programs for?

Our Gymnastics classes are designed for children of all ages and varying 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 next page for class descriptions, durations, and costs; or feel free to contact us in the office.



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 discontinue your classes.

What if we no longer wish 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 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 aligns with each month of the year. Please see our payment calendar for more information.

If we have to miss a class, do you offer makeups? We do offer makeups for missed classes. If you have to miss class, please try to schedule your makeup within 30 days of the absence.

Schedule of Classes

	Monday	Tuesday	Wednesday	Thursday
Gym Buddies	10:00	9:00, 11:00 5:45	10:00, 11:00 5:45, 6:45	10:00, 11:00
Gym Kids 3/4	10:00, 11:00	9:00, 10:00, 11:00 5:45, 6:45	10:00, 11:00 5:45, 6:45	10:00, 11:00
Gym Kids 5/6	10:00, 11:00	9:00, 10:00, 11:00 5:45, 6:45	10:00, 11:00 5:45, 6:45	10:00, 11:00
Ninja Kids 4-6	5:45	4:35		12:00
Ninja Kids 6-12	4:35, 6:45	4:35		12:00
Tumbling	10:00 (Beg) 11:00 (Int)		10:30 (Adv)	
Girls Level 1	10:00, 11:00 5:45, 6:45	9:00, 10:00, 11:00 5:45	10:00, 11:00 6:45	10:00, 11:00
Girls Level 2	10:00, 11:00 5:45, 6:45	10:00, 11:00 6:45	10:00, 11:00 6:45	10:00
Girls Level 3	11:00 4:15	9:00, 11:00 5:15	11:00 5:15	11:00
Boys Level 1/2	10:00 5:45	10:00, 11:00	10:00	
Boys Level 3	11:00		11:00	

Class Descriptions

Gym Buddies

Ages: 18 months to 3 years

Cost: \$62 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 Kids 3/4

Ages: 3 to 4

Cost: \$62 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 Kids 5/6

Ages: 5 to 6

Cost: \$66 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: \$62 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 6-12

Ages: 6 to 12

Cost: \$66 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.



Beg. Tumbling

Ages: 6 to 18

Cost: \$66 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!

Int. Tumbling

Prerequisite: Cartwheel and Round-off

Ages: 6 to 18

Cost: \$66 60 min class

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

Adv. Tumbling

Prerequisite: Round-off Backhandspring

Ages: 6 to 18

Cost: \$66 60 min class

Athletes in the Advanced Tumbling class begin working on more difficult skills including flipping and twisting.

Girls Level 1

Ages: 6 to 18

Cost: \$66 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

Prerequisite: Girls Level 1

Ages: 6 to 18

Cost: \$66 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

Prerequisite: Girls Level 2

Ages: 6 to 18

Cost: \$76 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 & 2

Ages: 6 to 18

Cost: \$66 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 3

Prerequisite: Boys Level 1&2

Ages: 6 to 18

Cost: \$76 90 min class

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

Competitive Team

By invitation only, BGS offers a wide range of competitive programs including Girls Levels 4-10, Girls Xcel, Boys Levels 3-10 and Boys Junior Club. Athletes must be at least 6 years old and mastered the Level 3 skills to receive an invitation.