



# Gymnastics

2022-2023

## 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 at **(406) 259-2237** or send an email to **office@billingsgymnastics.org**.



## Frequently Asked Questions:

**Do I have to re-enroll each month?** Once you enroll for the school year you will remain enrolled through the month of May 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 info.

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

**Do you charge a membership fee?** There is a \$20 Annual Administration Fee for our School Year Gymnastics. The fee will be charged every year you remain actively enrolled in our program on the anniversary of your enrollment.

# Schedule of Classes

|                           | Monday                 | Tuesday                        | Wednesday                            | Thursday                                   | Friday           | Saturday           |
|---------------------------|------------------------|--------------------------------|--------------------------------------|--|------------------|--------------------|
| <b>Gym Buddies</b>        | 10:00, 11:00           | 9:00, 10:00, 11:00             | 10:00, 11:00, 5:45, 6:45             | 9:00, 10:00, 11:00, 5:45                   | 10:00, 11:00     |                    |
| <b>Gym Kids 3/4</b>       | 10:00, 11:00           | 9:00, 10:00, 11:00, 3:30, 4:35 | 10:00, 11:00, 3:30, 4:35, 5:45, 6:45 | 9:00, 10:00, 11:00, 3:30, 4:35, 5:45, 6:45 | 10:00, 11:00     | 9:00, 10:00, 11:00 |
| <b>Gym Kids 5/6</b>       | 10:00                  | 10:00, 11:00, 3:30, 4:35       | 10:00, 3:30, 4:35, 5:45, 6:45        | 9:00, 10:00, 11:00, 3:30, 4:35, 5:45, 6:45 | 10:00            | 9:00, 10:00, 11:00 |
| <b>Ninja Kids 4-6</b>     | 3:30, 4:35             |                                |                                      |  | 3:30, 4:35, 5:35 |                    |
| <b>Ninja Kids 6-12</b>    | 3:30, 4:35             |                                |                                      |  | 3:30, 4:35, 5:35 |                    |
| <b>Tumbling</b>           | 5:45 (Int)             | 5:45 (Beg)                     |                                      |  |                  |                    |
| <b>Girls Level 1</b>      | 3:30, 4:35, 5:45, 6:45 | 3:30, 4:35, 5:45, 6:45         | 2:30, 3:30, 4:35, 5:45               | 3:30, 5:45, 6:45                           |                  | 9:00, 10:00, 11:00 |
| <b>Girls Level 2</b>      | 3:30, 4:35, 5:45, 6:45 | 4:35, 5:45, 6:45               | 2:30, 3:30, 4:35                     | 3:30, 4:35, 6:45                           |                  | 10:00, 11:00       |
| <b>Girls Level 3</b>      | 4:15, 6:45             | 4:15, 6:45                     | 2:30, 4:15, 5:45                     | 4:15, 6:45                                 |                  | 9:30               |
| <b>Boys Level 1&amp;2</b> |                        | 3:30                           | 3:30, 4:35, 5:45, 6:45               | 3:30                                       |                  |                    |
| <b>Boys Level 3</b>       |                        | 4:15                           |                                      | 4:15                                       |                  |                    |

# Class Descriptions

## Gym Buddies

**\$68 per 4 week session**

**Ages: 18 mo - 3 y 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

**\$68 per 4 week session**

**Ages: 3 to 4 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

**\$72 per 4 week session**

**Ages: 5 to 6 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

**\$68 per 4 week session**

**Ages: 4 to 6 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

**\$72 per 4 week session**

**Ages: 6 to 12 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

**\$72 per 4 week session**

**Ages: 6 to 18 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**

**\$72 per 4 week session**

**Ages: 6 to 18 60 min class**

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



## Girls Level 1

**\$72 per 4 week session**

**Ages: 6 to 18 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**

**\$72 per 4 week session**

**Ages: 6 to 18 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**

**\$82 per 4 week session**

**Ages: 6 to 18 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

**\$72 per 4 week session**

**Ages: 6 to 18 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

**By Evaluation Only**

**\$82 per 4 week session**

**Ages: 6 to 18 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.