

BC Gymnastics "Come Flip, GET FIT"

2017 Fall Schedule

11-week session of classes begin Tuesday, September 5th

Times/Day	Monday	Tuesday	Wednesday	Thursday	Friday
9:15-10:00			Tots age 3		
10:00-10:45	Guided Gym Buddies Walking-age 2		Gym Buddies Age 2		Gym Buddies Age 2
10:45-11:30			Tots age 4		Tots age 3 & 4
11:00-11:45		Tots age 3		Gym Buddies Age 2	
11:45-12:30		Tots age 4		Tots age 3	
12:30-1:15		Tots age 4		Tots age 4	

Times/Day	Saturday	
9:15-10:00	Guided/Gym Buddies Walking/age2	Tots age 4
10:00-11:00	Girls Basics Ages 7-9	Gym Buddies Age 2
Advanced Note Time 10:30-12 (90 minute class)	Girls Advanced	Tots Age 3 & 4
*Tots & Gym Buddies 10-10:45		
11:00-12:00	Girls Basics Ages 5-6	Girls Basics Ages 7-9
12:00-12:45 (tots)	Tots age 3	Girls Basics Ages 7-9
12:00-1:00	Girls Basics Ages 5-6	Gym Buddies Age 2
	Girls Intermediate	
1:00-1:45 (tots)	Tots age 4	Girls Basics Ages 5-6
1:00-2:00	Girls General Gymnastics 10+	Girls Basics Ages 7-9
	Girls Intermediate	
2:00-2:45 (tots)	Girls Basics Ages 5-6	Girls Basics Ages 7-9
2:00-3:00	Girls Intermediate	Trampoline & Tumbling
Trampoline & Tumbling Note Time 2:30-3:30 (90 minute class)		

Times/Night	Monday	Tuesday	Wednesday	Thursday	Friday
4:30-5:30	Girls Basics Ages 5-6	Boys Basics Ages 5-6	Girls Intermediate	Girls Basics Ages 5-6	Girls Basics Ages 7-9
TOTS 45 MIN 4:30-5:15	Tots age 3	Tots age 4	Tots age 3	Girls Intermediate	
		Girls Basics Ages 7-9	Girls Basics Ages 5-6	Tots age 3 & 4	
5:30-6:30	Girls Basics Ages 5-6	Boys Basics Ages 7-9	Girls Intermediate	Girls Basics Ages 7-9	Basic Tumbling Boys & Girls ages 5+
TOTS 45 MIN 5:30-6:15	Girls Intermediate	Girls Basics Ages 5-6	Tots age 4	Girls Advanced	Girls Basics Ages 5-6
Advanced & Training Track NOTE TIME-5pm-6:30 (90 minute classes)	Tots age 3	*Training Track*	Girls Advanced	*Training Track*	Girls Basics Ages 7-9
	Girls Advanced				
6:30-7:30	Girls Basics Ages 7-9	Girls Intermediate	Girls Basics Ages 7-9	Girls General Gymnastics 10+	Gym Buddies Age 2
TOTS 45 MIN 6:30-7:15	Tots age 4	Boys Int/Adv	Girls General Gymnastics 10+	Girls Basics Ages 7-9	Girls Basics Ages 5-6
Advanced NOTE TIME 6:30-8PM		FIT Games! Boys & Girls Ages 6+	Girls Basics Ages 5-6	Boys Basics Ages 5+	FIT Games! Boys & Girls Ages 6+
		Girls Advanced		Girls Advanced	
7:30-8:30	Basic Tumbling Boys & Girls Ages 5+	Intermediate Tumbling		Girls General Gymnastics 10+	Open Gym 7:30-9pm

