

BC Gymnastics "Come Flip, GET FIT"

2018 Winter Schedule

11-week session of classes begin Tuesday, January 2nd

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

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

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

