

**BC Gymnastics "Come Flip, GET FIT" 2018 Winter/Spring Schedule**  
 11-week session of classes begin Monday, March 26th 2018

Times/Day	Monday	Tuesday	Wednesday	Thursday	Friday
9:15-10:00			<u>Tots age 3</u>		
10:00-10:45	<u>Guided Gym Buddies</u> Walking-age 2		<u>Gym Buddies</u> Age 2	Homeschol Gymnastics Health and Fit Games 10am-12pm	<u>Gym Buddies</u> Age 2
10:45-11:30	<b>SUPER POWday Monday!</b>		<u>Tots age 4</u>		<u>Tots age 3 &amp; 4</u>
11:00-11:45	<u>11-12pm</u> <u>Parent &amp; Tot open gym</u> walking - 4 yrs	<u>Tots age 3</u>		<u>Gym Buddies</u> Age 2	
11:45-12:30	\$6 members \$10 non-members	<u>Tots age 4</u>		<u>Tots age 3</u>	Homeschool Gymnastics, Fit Games and Health 11:30-1:30
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
<b>*Advanced*</b> Note Time 10:30-12 (90 minute class)	<u>10:30am Girls Advanced</u>	<u>Tots Age 3 &amp; 4</u>
*Tots & Gym Buddies 10-10:45		
11:00-12:00	<u>Girls Basics</u> Ages 5-6	<u>Girls Basics</u> Ages 7-9
	<u>General Gymnastics 10+</u>	
12:00-12:45 (Tots & Gym Buddies)	<u>Tots age 3</u>	<u>Girls Basics</u> Ages 7-9
12:00-1:00	<u>Girls Basics</u> Ages 5-6	<u>Gym Buddies</u> Age 2
	<u>Girls Intermediate</u>	
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
2:00-3:00	<u>Girls Basics</u> Ages 5-6	<u>Girls Basics</u> Ages 7-9
***** Trampoline & Tumbling Note Time 2-3:30 (90 minute class) *****	<u>Girls Intermediate</u>	<u>Trampoline &amp; Tumbling</u>
	<u>3:30-4:30</u> Adult Gymnastics level 1 Debi	<u>4:30-5:30</u> Adult Gymnastics level 2 Debi

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

