

# BC Gymnastics "Come Flip , GET FIT"

## 2018 Summer Schedule

6-week session of classes begin Monday, July 9th

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

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

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

