

## 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		<u>Tots 3 &amp; 4</u>			
10:00-10:45		<u>Gym Buddies</u> Age 2			
10:45-11:30					
11:00-11:45		<u>Tots age 3 &amp; 4</u>			
11:45-12:30					
12:30-1:15					

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>Tots Age 3 &amp; 4</u>
*Advanced* Note Time 10:30-12 (90 minute class)	<u>10:30am Girls Advanced</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>Girls Intermediate</u>	
1:00-1:45 (tots)		
1:00-2:00		
2:00-3:00		<u>Trampoline &amp; Tumbling</u>
***** Trampoline & Tumbling Note Time 2:30-3:30 (90 minute class) *****		
	<u>3:30-4:30</u> Adult Gymnastics level 1	<u>4:30-5:30</u> Adult Gymnastics level 2

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

