

BC Gymnastics Winter 2019 Schedule
Classes run January 2nd-March 16th

Times/Day	Monday	Tuesday	Wednesday	Thursday	Friday
9:15-10:00			<u>Tots age 3</u> Paula		
10:00-10:45	<u>Guided Gym Buddies</u> Walking-age 2		<u>Gym Buddies</u> Age 2	<u>Home School 10am-12pm</u> Health & Fit games	<u>Gym Buddies</u> Age 2
10:45-11:30			<u>Tots age 4</u>		<u>Tots age 3 & 4</u>
	Super Friday Monday!				
11:00-11:45	<u>11-12pm</u> <u>Parent & Tot open gym</u> walking - 4 yrs	<u>Tots age 3</u>			<u>Home School</u> 11:30-1:30 Health & Fit Games
11:45-12:30	\$6 members \$10 non-members	<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>10:30am 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>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)	<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>Trampoline & Tumbling</u>	<u>Adult Gymnastics</u> <i>Flex Fit</i>	<u>Trampoline & Tumbling</u>
Note Time 2-3:30 (90 minute class)	<i>Strength & Conditioning Hour</i>	
Adult Gym Notes: Free Flow-Work on your goals Lessons Structured & guided	<u>3-4pm</u> <u>Adult Gymnastics Free Flow</u>	<u>4-5pm</u> <u>Adult Gymnastics Lessons</u>

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

