

ADDITIONAL PROGRAMS

In addition to gymnastics, BGA offers:

- Group outings
- School demonstrations
- Private lessons
- PA Day Camps (Feb. 3, May 25)



BIRTHDAY PARTIES

BGA throws awesome birthday parties on Saturday afternoons.

1 hour gym party - \$80

+ 1 hour party room - \$30

Price is for 8 children. Cost for additional children are \$5 each.

CALL TO BOOK YOUR PARTY TODAY!



ABOUT BGA

BROCKVILLE GYMNASTICS ACADEMY is a non-profit organization that offers gymnastic programs to help promote your child's body awareness, coordination, balance, spatial orientation, gross motor, positive self-image as well as many others. Our philosophy is Fun, Fitness and Fundamentals.



Our 5,000 square foot gym was recently renovated last year and is equipped with a foam-resi pit, in-ground trampoline, spring floor, uneven bars, beams, rings and much more.



BROCKVILLE GYMNASTICS ACADEMY

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BROCKVILLE GYMNASTICS ACADEMY



**Recreational Program
Fun. Fitness. Fundamentals**

Winter 2011
beginning week of December 4, 2011

Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
You & Me (1-3) 1 hr				9:30-10:00 am		9:00-9:30 am 9:30-10:00 am
Movers & Shakers Playschool (3-5) 3 hrs		9-noon			9-noon	
Mini Tumblers (3-5) 1 hr	10:00-11:00 am 4:30-5:30 pm 5:00-6:00 pm		*new times* 9:00 - 10:00 am 4:30-5:30 pm	10:00-11:00 am		10:10-11:10 am 11:10-12:10 pm
Tiny Tumblers (3-5) 1 hr	10:00-11:00 am 4:30-5:30 pm 5:00-6:00 pm		*new times* 9:00 - 10:00 am 4:30-5:30 pm	10:00-11:00 am		10:10-11:10 am 11:10-12:10 pm
Advanced Tiny Tumblers (4-5) *new*			10:00 - 11:30am			
Boys Jr. Tumblers 1 hr (4-6)	4:30-5:30 pm		4:30-5:30 pm			10:10-11:10 am
Drop In (1-3) 1 hr	11am-noon			11am-noon		
Mini Elites I (4-6) 2 hrs (choose day)	4:15-6:15 pm		4:15-6:15 pm			
Mini Elites II (5-6) 4hrs	5:15-7:15 pm		5:15-7:15 pm			
Girls Tumblers (6-8) 1.5hrs	4:30-6:00 pm 5:30-7:00 pm		5:30-7:00 pm			11:10-12:40 pm
Girls Tumblers (9+) 1.5hrs	5:30-7:00 pm		5:30-7:00 pm 7:00-8:30 pm			11:10-12:40 pm
Boys Tumblers (7+) 1.5hrs	5:30-7:00 pm		5:30-7:00pm			11:10-12:40 pm
Dance & Gym Combo (5-7) 1.5hrs			4:30-6:00pm			10:00-11:30 am
Dance & Gym Combo (8+) 2 hrs			6:00-8:00pm			
Advanced Rec (7+) 3 hrs (both days)	7:00-8:30 pm		7:00-8:30pm			
High School Program (12+)	3:00-4:15 pm					
Trampoline (7+) 1 hr				4:30-5:30 pm		
Adult Fit Gym	7:30-8:30 pm					



*All prices include a Gymnastics Ontario fee of \$25 (valid until June 30, 2012) and \$50 raffle ticket fundraising fee.

Please note:

- There will be a \$35 charge for NSF cheques
- We only accept cheque or cash payments.
- A pro-rated refund will be provided if your child withdraws from a class. A \$25 cancellation fee will apply.
- There will be no make-up classes for snow days (call ahead to confirm)

Gym Closures:

Thanksgiving	Oct 10
Christmas	Dec 23-Jan 8th
Family Day	Feb 20th
March Break	March 10-17th
Easter	April 6-9
Victoria Day	May 21st

YOU AND ME (1-3) enables you to learn, laugh and play with your child while in a unique and safe environment. One parent or caregiver must participate with the child. This program is designed to improve physical and social development.

Price: see page 3

DROP IN PROGRAM (1-3) is a non-commitment program where you and your child(ren) learn, laugh and play in a unique and safe environment. **Price: \$5.00/class + one time GO Fee of \$25**

MOVERS AND SHAKERS PLAYSCHOOL (3-5) is geared towards getting our child prepared for school while incorporating lots of physical activity. This program will help to develop group readiness skills, patience, fairness, and following directions. **Price: \$20/day + one time GO Fee of \$25.00**

MINI/TINY/BOYS JR TUMBLERS(3-5)/(4-6) are filled with structured activities and games involving basic gymnastics skills. Gymnasts will receive a progress report at the end of session one and two and will perform for the year-end parents show in session three. **Price: see page 3**

MINI ELITES (4-6) gymnasts focus on more advanced skills than the Tiny Tumblers program. This group of gymnasts have shown a high level of potential and will work on essential skills with a bigger focus on strength, flexibility, landings, balance and fundamentals. **Price: see page 3**

BOYS/GIRLS TUMBLERS (7+/6+) will progress through the CANGYM badge program as they acquire skills of increasing difficulty. Gymnasts will receive a progress report at the end of session one and two. During session three, gymnasts will practise for our year-end parent show. **Price: see page 3**

DANCE AND GYM (5+) gymnasts will present a dance routine at the end of the each session. They will do 30 mins of dance and gymnastics during the remaining time. Gymnasts will progress through the CANGYM badge program and receive a progress report at the end of each session. During session 3 gymnasts will practise for our year-end parent show. **Price: see page 3**

ADVANCED RECREATIONAL(7+) is geared towards gymnasts who want something more challenging than the tumblers and are able to perform the required skills. **Price: see page 3**

HIGH SCHOOL PROGRAM (12+) is geared towards older girls who would like to take gym. Coaching will accommodate a range of levels from beginner to advanced. **Price: see page 3**

CHEERLEADING (12+) consists of basic cheerleading drills and skill such as: stunts, lifts, tumbling, strength and flexibility. **Price: see page 3**

ADULT FIT GYM includes basic gymnastic skills, circuit training, strength, flexibility and coordination. **Price: \$10/class + one-time GO fee of \$25**

TRAMPOLINE(7+) combines skills on trampoline and mini-tramp. Gymnasts will progress through skills of increasing difficulty. **Price: see page 3**

Brockville Gymnastics Academy
Registration for Winter Session - New Members Only

Length of session varies between 9-12 weeks depending on the day of classes, due to holidays.

Make cheques payable to BGA. We accept cash or cheque payments only.

All prices include fundraising fee and insurance fee.

Class	Monday (9weeks)		Wednesday/Thursday (12 weeks)		Saturday (10 weeks)	
You and Me				\$ 153.00		\$ 138.00
Mini tumblers (3-4yrs)		\$ 174.00		\$ 207.00		\$ 185.00
Tiny Tumblers (4-5yrs)		\$ 174.00		\$ 207.00		\$ 185.00
Boys Jr. Tumblers 1hr(4-6yr)		\$ 174.00		\$ 207.00		\$ 185.00
Adv. Tiny Tumblers 1.5hr (Wed only)				\$ 243.00		
Mini Elites I, 2hr(4-6yr)		\$ 246.00		\$ 303.00		
Mini Elites II, 4 hr (4-6yr)		\$ 327.00	see Monday			
Tumblers 1.5hours		\$ 201.00		\$ 243.00		\$ 215.00
Dance and Gym 1.5 hours				\$ 243.00		\$ 215.00
Dance and Gym 2 hours				\$ 303.00		
Advanced Rec 3hours (Monday & Wednesday)		\$ 300.00	see Monday			
High School Program (12+)		\$ 199.00				
Trampoline (7+) 1hr				\$ 207.00		