

About BGA

Brockville Gymnastics Academy is a non-profit organization that offers programs to promote your child's love for the sport of gymnastics in a fun and safe environment. Qualified coaches provide opportunities for children to develop gymnastics skills, positive self-image, and body awareness.

Our **newly-renovated** (Sept 2010) and fully air-conditioned gym is conveniently located at 10 Gilmour Street in Brockville's West end close to Metro and Leons. Our 5000 square foot dedicated gymnastics facility is equipped with a foam-resi pit, in-ground trampoline, spring floor, uneven bars, beams, rings and much more.

Contact us!

Brockville Gymnastics Academy

P: 613.345.3836 F: 613.345.8061

10 Gilmour Street, Brockville, ON K6V 5J7

www.brockvillegym.com // bga@ripnet.com



Brockville Gymnastics Academy

We Also Offer

Group outings
PA Day Camps
School demonstrations
Birthday Parties
Private lessons

Ask for more info!

PA Day Camp

Friday, November 12, 2010

Friday, February 4, 2011

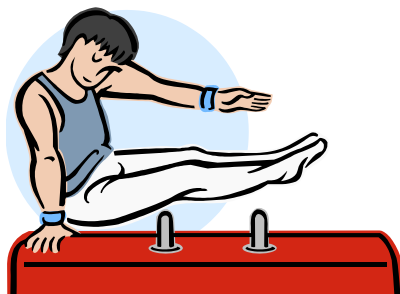
Friday, May 27, 2011

Watch for registration dates!



Additional Info

- There will be a **\$25** charge for **NSF cheques**.
- A pro-rated refund will be provided if your child withdraws from a class. A **\$10 cancellation fee** will apply.
- Please retain receipt for income tax purposes. **\$15** charge on all **duplicate receipts**.
- There will be no make-up classes for **snow days**. Please **call ahead** to confirm.



Recreational Program

Fall 2010 - beginning week of Sept 13 @ Shorewood Packaging
FUN. FITNESS. FUNDAMENTALS.

Our recreational program features a variety of classes to promote your child's love for the sport of gymnastics

Recreational Director: Emily Dancy

What We Offer

YOU & 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: \$60

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/child, \$7/2 children + one-time GO fee

MOVERS & SHAKERS (3-5) is geared towards getting your child prepared for school while incorporating lots of physical activity. This program will also help to develop group readiness skills, patience, fairness, and following directions.

Price: \$20/day + one-time GO fee

MINI/TINY TUMBLERS (3-5) 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.

Price: \$120

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

Price: \$216

BOYS/GIRLS TUMBLERS (7+/6+) will progress through the CANGYM program as they acquire skills of increasing difficulty. Gymnasts will receive a report card detailing their progress. During session three, our recreational gymnasts will practice for our year-end parents show.

Price: \$156/1.5 hr,
\$216/2 hrs

DANCE & GYM (5+) gymnasts will present a dance routine at the end of each session. They will progress through the CANGYM badge program and will receive a report card detailing their progress at the end of each session. During session three, gymnasts will practice for our year-end parents show.

Price: \$156/1.5 hr,
\$216/2 hr

TRAMPOLINE (7+) combines skills on trampoline and mini-tramp. Gymnasts will progress through skills of increasing difficulty (shape jumps, seat drop jumps and rotational skills). Gymnasts will receive a progress report detailing their progress. During session three, our gymnasts will practice for our year-end parents show.

Price: \$120

ADVANCED RECREATIONAL (7+) is geared towards gymnasts who want something more challenging than the tumblers program and are able to perform the required skills.

Price: \$305

Registration*

Thursday, Sept 2

9-noon @ Shorewood

Wednesday, Sept 8

4-7pm @ BGA

Friday, Sept 10

2-7pm @ BGA

Prices & Fees

The prices listed are applicable to fall session classes (12 weeks) and **do not** include the one-time **Gymnastics Ontario** insurance fee, **nor** the once-per-year fundraising initiative. Your fundraising options are **one** of the following:

- Sell a case of Hershey's chocolate valued at \$72
- Little Caesars fundraising
- Contribute \$45 per family
- Volunteer for one Saturday evening Bingo (\$100 deposit required)

Gym Closures

Thanksgiving Oct 9-11
 Christmas Dec 24- Jan 9
 Easter April 22-25
 Victoria Day May 23

Fee payments accepted in cash or cheque **only (payable to "Brockville Gymnastics Academy"). Registrations will be confirmed **only** with full payment.*

CLASS	LENGTH	MON	TUES	WED	THURS	FRI	SAT
You & Me 1-3 years	30 min	9:30-10:00am			9:30-10:00am		8:30-9:00am 9:00-9:30am
Drop-in 0-5 years	1 hr	11:00-12 noon			11:00-12 noon		
Movers & Shakers 3-5 years	3 hrs		9-12 noon			9-12 noon	
Mini Tumblers 3-4 years	1 hr	10:00-11:00am 4:30-5:30pm 5:00-6:00pm		4:30-5:30pm	10:00-11:00am		9:30-10:30am 10:30-11:30am
Tiny Tumblers 4-5 years	1 hr	10:00-11:00am 4:30-5:30pm 5:00-6:00pm		4:30-5:30pm	10:00-11:00am		9:30-10:30am 10:30-11:30am
Mini Elites 4-6 years	2 hrs	4:30-6:30pm		4:30-6:30pm			
Girls Tumblers 6-8 years	1.5 hr	4:30-6:00pm 5:30-7:00pm		4:30-6:00pm 6:00-7:30pm			10:30-12 noon 11:30am-1pm
Girls Tumblers 9 and up	1.5 hr	5:30-7:00pm		6:00-7:30pm			10:30-12 noon 11:30-1:00pm
Girls Tumblers 9 and up	2 hr	6:30-8:30pm					
Boys Tumblers 4-6 years	1 hr	4:30-5:30pm		4:30-5:30pm			10:30-11:30am
Boys Tumblers 7 and up	1.5 hr	5:30-7:00pm		5:30-7:00pm			11:30-1:00pm
Dance & Gym 5-7 years	1 hr gym .5 hr dance						
Dance & Gym 8 and up	1.5 hr gym .5 hr dance						
Advanced Rec 7 and up	2 x 1.5 hr	7:00-8:30pm		7:00-8:30pm			10:00-11:30am
Trampoline 7 and up	1 hr		4:30-5:30pm				
Teen Girls 13-19 years	2 hr	7:00-9:00pm					

ABOUT YOUR CLASS

- Please arrive 5 minutes prior to the start of your class.
- Long hair must be securely tied up.
- No jewelry of any kind is to be worn, with the exception of medic alert bracelets which should be taped on.
- Gymnasts should be dressed in indoor gym clothing (t-shirt & shorts or jogging pants or leotards) and will participate in bare feet.