



Brockville Gymnastics Academy
Summer Recreational Program
 Wednesday Evenings July 10 - August 28

Class*	Length	Age	Time	Cost**
Mini Tumblers	1 hour	3-4 years 1 hour	4:00-5:00pm 5:00-6:00pm	\$135
Tiny Tumblers	1 hour	4-5 years 1 hour	4:00-5:00pm 5:00-6:00pm	\$135
Boys Advanced	1.5 hour	5-7 years	4:30-6:00pm	\$158
Girls Tumblers	1.5 hours	6-8 years	6:00-7:30pm	\$158
Girls Tumblers	1.5 hours	9 and up	7:30-9:00pm	\$158
Girls Advanced	2.5 hours	8 and up	6:00-8:30pm	\$230

*Class descriptions on reverse. **Price includes \$30 GO fee valid July 1 - June 30, 2020

NEW - Drop-in Trampoline Class with Coach Bill

Thursday evenings | 6:30-8:00pm | 8 weeks
 Max 6 students per class, first come-first serve | Ages 10-40

Purchase 6-class punch card for \$120.
 Includes GO Insurance valid through to June 2020.

Great for improving and learning acrobatic skills and basics to inversions
 Spotting belt available

Pre-requisites - previous trampoline, gymnastics, diving, snowboarding or parkour experience an asset, must be physically fit

About Coach Bill

- Level 3 Trampoline certification
- Former National Team Coach
- Over 30 years coaching experience
- Coached several national and synchro medalists
- Currently a coach at Ultra Trapeze

10 Gilmour Street, Brockville, ON | 613.345.3836
 info@brockvillegym.com | www.brockvillegym.com | Like us on Facebook!



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Class Descriptions

Mini & Tiny Tumblers (3-5)

Our mini and tiny tumbler programs are filled with circuits for structured and continuous movement, as well as activities involving basic gymnastics skills (locomotions, swings, stationary positions, springs, rotations)

Girls Tumblers (6+)

Structured activities on bars, beam, vault, floor and trampoline for gymnastics skills from beginner to advanced levels.

Advanced Girls Tumblers (8+)

This program is designed specifically to work on advanced gymnastics skills on floor, bars, beam, vault, and trampoline as well as flexibility, strength & conditioning, and body positions. Previous gymnastics experience (2 years) is necessary.

Advanced Boys Tumblers (5-7)

This program is designed specifically to work on advanced gymnastics skills on floor, bars, p-bars, pommel horse, vault, and trampoline as well as flexibility, strength & conditioning and body positions. Previous gymnastics experience (1 year) is necessary.

Registration Dates

Tuesday, May 14 -- 11:30am-2pm

Wednesday, May 22 -- 4-7pm

Saturday, June 8 -- 10am-12pm

If you are unable to make these dates, please contact us and we will make our best efforts to accommodate you

Registration Guidelines

- Cash, debit or cheque is accepted (cheques payable to Brockville Gymnastics Academy)
- A \$15 fee will be applied for duplicate receipts.
- Registration must be made in person at 10 Gilmour Street, Brockville
- Payment must accompany registration; no phone registration or holds until payment is made
- Class is not confirmed until payment is received.

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