



# Gymnastics

2023 - 2024

## Who are these programs for?

Our Gymnastics classes are designed for children of all ages and varying levels of ability. We offer a wide range of programs to meet your child's needs in a way that is fun, engaging, and challenging. If you are unsure of which class to register for, see the back page for class descriptions, durations, and costs; or feel free to contact us at **(406) 259-2237** or send an email to **office@billingsgymnastics.org**.



## Frequently Asked Questions:

- Do I have to re-enroll each month?** Once you enroll for the school year you will remain enrolled through the month of May unless you decide to discontinue your classes.
- What if we no longer wish to continue with gymnastics?** If you decide to discontinue one of our programs, please inform the office at least 1 week prior to the start of the next session. Failure to inform us of non-continuation will result in a charge for the following session.
- How long is a session?** Each session lasts for 4 weeks (4 classes) and roughly aligns with each month of the year. Please see our payment calendar for more info.
- If we have to miss a class, do you offer makeups?** We do offer makeups for missed classes. If you have to miss a class, please contact our office to schedule your makeup. Makeup class eligibility expires 30 days after the missed class.
- Do you charge a membership fee?** There is a \$25 Annual Administration Fee for our School Year Gymnastics. The fee will be charged every year you remain actively enrolled in our program on the anniversary of your enrollment.

# Schedule of Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Gym Buddies</b>	10:00, 11:00	9:00, 10:00, 11:00	10:00, 11:00, 5:45, 6:45	9:00, 10:00, 11:00, 5:45	10:00, 11:00	
<b>Gym Kids 3/4</b>	10:00, 11:00	9:00, 10:00, 11:00, 3:30, 4:35	10:00, 11:00, 2:30, 3:30, 4:35, 5:45, 6:45	9:00, 10:00, 11:00, 3:30, 4:35, 5:45, 6:45	10:00, 11:00	9:00, 10:00, 11:00
<b>Gym Kids 5/6</b>	10:00	10:00, 11:00, 3:30, 4:35	10:00, 2:30, 3:30, 4:35, 5:45, 6:45	11:00, 3:30, 4:35, 5:45, 6:45	10:00	9:00, 10:00, 11:00
<b>Ninja Kids 4-6</b>	3:30, 4:35				3:30, 4:35, 5:35	
<b>Ninja Kids 6-12</b>	3:30, 4:35				3:30, 4:35, 5:35	
<b>Tumbling</b>	5:45 (Beg) 6:45 (Int)		6:45 (Adv)			
<b>Girls Level 1</b>	3:30, 4:35, 5:45, 6:45	3:30, 4:35, 5:45, 6:45	2:30, 3:30, 4:35, 5:45	3:30, 4:35, 5:45, 6:45		9:00, 10:00, 11:00
<b>Girls Level 2</b>	3:30, 4:35, 5:45, 6:45	3:30, 4:35, 5:45, 6:45	2:30, 3:30, 4:35	3:30, 4:35, 6:45		10:00, 11:00
<b>Girls Level 3</b>	4:15, 6:45	4:15, 5:45	4:15, 5:45	4:15, 6:45		9:30
<b>Boys Level 1&amp;2</b>		3:30	3:30, 4:35, 5:45, 6:45	3:30		
<b>Boys Level 3</b>		4:15		4:15		

# Class Descriptions

## Gym Buddies

**Ages: 18 months to 3 years**

**Cost: \$72 45 min class**

For our youngest gymnasts; this is an adult participation class that focuses on social interaction, exploration, and the development of gross motor skills.



## Gym Kids 3/4

**Ages: 3 to 4**

**Cost: \$72 45 min class**

This class introduces the basics of gymnastics and continues to work on developing gross motor skills. Children are not expected to master skills at this level.

## Gym Kids 5/6

**Ages: 5 to 6**

**Cost: \$76 60 min class**

This class follows a similar format to the Gym Kids 3/4, with a stronger focus on skill development. Gymnasts will begin working on mastering the basic skills.

## Ninja Kids 4-6

**Ages: 4 to 6**

**Cost: \$72 45 min class**

Unlike our Gym Kids classes, Ninja classes focus on overall athleticism, not necessarily on gymnastics. These classes concentrate on balance, agility, and stamina.

## Ninja Kids 6-12

**Ages: 6 to 12**

**Cost: \$76 60 min class**

With a greater focus on general athleticism, this is a great class for kids who like to be active and try new challenges without focusing on specific skill development.

## Beg. Tumbling

**Ages: 6 to 18**

**Cost: \$76 60 min class**

This is an introductory tumbling class for kids who want to learn the basics. It will focus on handstands, cartwheels, bridge ups, forward and backward rolls.

## Int. Tumbling

**Prerequisite:** Handstand, Cartwheel, Round-off, and Bridge Up

**Ages: 6 to 18**

**Cost: \$76 60 min class**

Beginning tumbling skills are required as this class will focus on backhandspring development.

## Adv. Tumbling

**Prerequisite:** Standing Backhandspring

**Ages: 6 to 18**

**Cost: \$76 60 min class**

This class will focus on connected tumbling and saltos.

## Girls Level 1

**Ages: 6 to 18**

**Cost: \$76 60 min class**

Interested in being a gymnast? Level 1 introduces girls to the basic elements on Vault, Bars, Beam, and Floor while developing strength, flexibility, and confidence.

## Girls Level 2

**By Evaluation Only**

**Ages: 6 to 18**

**Cost: \$76 60 min class**

Level 2 builds on the skills mastered in Level 1 while introducing more difficult ones. Level 2 also begins to introduce conditioning for gymnastics development.

## Girls Level 3

**By Evaluation Only**

**Ages: 6 to 18**

**Cost: \$86 90 min class**

This is the most advanced of our Recreational Levels. Gymnasts continue to build on skills mastered in Levels 1 and 2 while working on more difficult skills.



## Boys Level 1 & 2

**Ages: 6 to 18**

**Cost: \$76 60 min class**

This class introduces boys to the basic skills on Floor, Pommel Horse, Rings, Vault, Parallel Bars, and High Bar while developing strength, flexibility, and confidence.

## Boys Level 3

**By Evaluation Only**

**Ages: 6 to 18**

**Cost: \$86 90 min class**

This is the most advanced of our Recreational Levels. Gymnasts continue to build on skills mastered in Level 1 & 2 while introducing more difficult skills.

## Competitive Team

By invitation only, BGS offers a wide range of competitive programs including Girls Levels 4-10, Girls Xcel, Boys Levels 3-10, and Boys Junior Club. Athletes must be at least 6 years old and mastered the Level 3 skills to receive an invitation.