



Gymnastics

SUMMER 2022

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 summer, you will remain enrolled through the month of August 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 online for more information.
- If we have to miss a class, do you offer makeups?** We do offer makeups for missed gymnastics classes. If you have to miss class, please try to schedule your makeup within 30 days of the absence.
- Do you charge a membership fee?** There is no Administration or Membership fee for summer gymnastics classes.

Schedule of Classes

	Monday	Tuesday	Wednesday	Thursday
Gym Buddies	10:00	9:00,10:00, 11:00 5:45	10:00, 11:00 5:45, 6:45	10:00, 11:00
Gym Kids 3/4	10:00, 11:00	9:00, 10:00, 11:00 5:45, 6:45	10:00, 11:00 5:45, 6:45	10:00, 11:00
Gym Kids 5/6	10:00, 11:00	9:00, 10:00, 11:00 5:45, 6:45	10:00, 11:00 5:45, 6:45	10:00, 11:00
Ninja Kids 4-6	4:35, 5:45, 6:45			12:00
Ninja Kids 6-12	4:35, 5:45, 6:45			12:00
Tumbling	10:00 (Beg) 11:00 (Int)			
Girls Level 1	10:00, 11:00 5:45, 6:45	9:00, 10:00, 11:00 5:45	10:00, 11:00 6:45	10:00, 11:00
Girls Level 2	10:00, 11:00 5:45, 6:45	9:00,10:00, 11:00 6:45	10:00,11:00 6:45	10:00, 11:00
Girls Level 3	11:00 4:15	11:00 5:15	11:00 5:15	11:00
Boys Level 1/2	10:00	10:00, 11:00 5:45	10:00	
Boys Level 3	11:00		11:00	

Class Descriptions

Gym Buddies

Ages: 18 months to 3 years

Cost: \$64 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: \$64 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: \$68 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: \$64 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: \$68 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: \$68 60 min class

This is an introductory tumbling class for kids who want to learn the basics. This class is great for athletes wanting to pursue cheer, dance, or just for fun!

Int. Tumbling

Prerequisite: Cartwheel and Round-off

Ages: 6 to 18

Cost: \$68 60 min class

After mastering some of the basic skills, this class will focus on backhandspring development and connected tumbling.



Girls Level 1

Ages: 6 to 18

Cost: \$68 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: \$68 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: \$78 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: \$68 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: \$78 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.



Swim

SUMMER 2022

Who is this program for?

Our Swim program is designed for beginning to intermediate swimmers ages 18 months to 10 years old. Our classes are structured to meet the needs of each child depending upon their comfort level in the water as well as their prior skill development. We limit our class sizes to 4 students per instructor to ensure individualized attention and safety. For more information, contact our office at **(406) 259-2237** or send an email to **office@billingsgymnastics.org**.



What are the details?

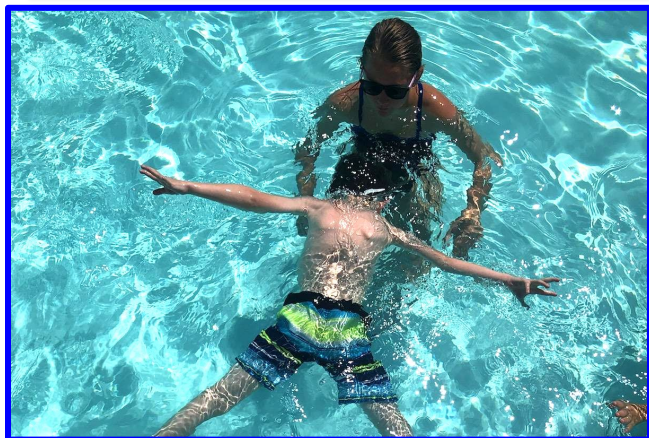
Class Cost: \$68 per Session (8 Lessons)
Membership Fee: There isn't one for Swim
Class Days: Mon - Thurs for 2 weeks (unless otherwise noted)
Class Duration: 30 mins for all classes

*Fridays are reserved for makeup lessons if a majority of classes have to be cancelled. If most classes can proceed, Credit Vouchers will be issued instead.

**Due to our swim program's structure, individual makeups cannot be scheduled for missed classes.

May				
	M	T	W	Th
	9	10	11	12
S1	16	17	18	19
	23	24	25	26
	30	31	June 1	June 2

June				
	M	T	W	Th
S2	6	7	8	9
	13	14	15	16
S3	20	21	22	23
	27	28	29	30



July					
	M	T	W	Th	F
S4	H	5	6	7	8
		11	12	13	14
S5		18	19	20	21
		25	26	27	28

August				
	M	T	W	Th
S6	1	2	3	4
		8	9	10
S7		15	16	17
		22	23	24

Class Descriptions

Swim Buddies

Ages: 18 mo. to 3 yrs.

For our youngest swimmers; this is an adult participation class that focuses on helping toddlers become comfortable and safe in the water.

Goldfish

Ages: 3 to 4

For young swimmers who are still new to swimming; this class focuses on building independence, comfort, and safety in the water.

Sunfish

Ages: 3 to 4

For kids comfortable putting their head underwater, this level works on developing independent floating and kicking with the kickboard.

Seahorse

Ages: 3 to 4

By instructor recommendation only, Seahorse introduces the front stroke, backstroke, and deep-water swimming.

Jellyfish

Ages: 5 to 10

Jellyfish is an introductory swim class for older students. This is a level for kids uncomfortable putting their head underwater or need work with the basics.

Starfish

Ages: 5 to 10

This level focuses on learning the front and backstroke. This level is for swimmers who are comfortable in the water and can kick and float on their own.

Dolphin

Ages: 5 to 10

The focus of this level is stroke refinement. Students in Dolphin will work on improving their front and backstroke while also developing the butterfly.

Schedule of Classes

Session 1 (May 16 - 26)

Evening

Swim Buddies	6:00	Jellyfish	5:30, 6:15, 6:30
Goldfish	5:30, 6:15, 6:45	Starfish	6:00, 6:30
Sunfish	5:45, 6:45	Dolphin	5:45
Seahorse	Contact Office		



Session 2 (June 6 - 16)

	Morning	Afternoon	Evening
Swim Buddies	8:30, 10:15, 11:30	3:00	5:30, 6:30
Goldfish	8:45, 9:00, 9:15, 9:30, 9:45, 10:30, 10:45, 11:00, 11:30	12:45, 1:00, 1:15, 1:30, 1:45, 2:15, 2:30, 2:45	5:45, 6:15, 6:30, 6:45, 7:00, 7:15, 7:30
Sunfish	8:30, 8:45, 9:00, 9:15, 9:30, 9:45, 10:15, 11:00, 11:15, 11:30	12:45, 1:00, 1:15, 1:45, 2:15, 2:30, 3:00	5:30, 6:00, 6:30, 6:45, 7:15, 7:30
Seahorse	Contact Office		
Jellyfish	8:30, 8:45, 9:00, 9:15, 9:30, 9:45, 10:15, 10:30, 10:45, 11:00, 11:30	12:45, 1:00, 1:15, 1:30, 1:45, 2:00, 2:15, 2:45, 3:00	5:30, 5:45, 6:00, 6:15, 6:30, 6:45, 7:00, 7:15, 7:30
Starfish	8:30, 9:15, 9:30, 10:15, 10:30, 10:45, 11:00, 11:15	12:45, 1:15, 1:30, 2:00, 2:30, 2:45, 3:00	5:30, 5:45, 6:15, 6:45, 7:00, 7:15, 7:30
Dolphin	9:00, 9:45, 10:45, 11:15	1:00, 1:45, 2:15, 2:45	6:00, 7:00

Session 3 (June 20 - June 30)

	Morning	Afternoon	Evening
Swim Buddies	8:30, 10:30, 11:30	3:00	5:30, 6:30
Goldfish	8:45, 9:00, 9:15, 9:30, 9:45, 10:30, 10:45, 11:00, 11:15	12:45, 1:00, 1:30, 1:45, 2:00, 2:15, 2:30, 2:45	5:45, 6:00, 6:15, 6:30, 6:45, 7:00, 7:15
Sunfish	8:30, 8:45, 9:00, 9:30, 10:30, 10:45, 11:00, 11:30	12:45, 1:15, 1:45, 2:15, 3:00	5:30, 5:45, 6:15, 6:30, 6:45, 7:00, 7:15
Seahorse	Contact Office		
Jellyfish	8:30, 8:45, 9:00, 9:15, 9:30, 9:45, 10:15, 10:30, 10:45, 11:00, 11:30	12:45, 1:00, 1:15, 1:30, 1:45, 2:00, 2:15, 2:30, 2:45	5:30, 6:00, 6:15, 6:30, 6:45, 7:00, 7:15, 7:30
Starfish	8:45, 9:00, 9:15, 9:30, 9:45, 10:15, 10:45, 11:00, 11:15	1:00, 1:15, 1:30, 1:45, 2:00, 2:30, 2:45, 3:00	5:30, 5:45, 6:00, 6:30, 6:45, 7:15, 7:30
Dolphin	9:15, 10:15, 11:15	12:45, 1:15, 2:15, 2:45	6:00, 7:00, 7:30

Session 4 (July 5 - 14)

Please note: Week 1 will run Tues-Fri and Week 2 will run Mon-Thur

	Morning	Afternoon	Evening
Swim Buddies	10:15, 11:30	3:00	5:30, 6:30
Goldfish	8:30, 8:45, 9:00, 9:15, 9:30, 10:15, 10:30, 10:45, 11:00, 11:15, 11:30	12:45, 1:15, 1:30, 2:00, 2:30, 2:45	5:30, 5:45, 6:00, 6:30, 6:45, 7:15
Sunfish	8:30, 8:45, 9:00, 9:15, 9:30, 10:30, 10:45, 11:00, 11:15, 11:30	12:45, 1:00, 1:45, 2:15, 2:30, 3:00	5:45, 6:15, 6:45, 7:00, 7:30
Seahorse	Contact Office		
Jellyfish	8:30, 8:45, 9:00, 9:15, 9:30, 10:15, 10:30, 10:45, 11:00, 11:15, 11:30	12:45, 1:15, 1:30, 1:45, 2:00, 2:15, 2:45	5:30, 5:45, 6:00, 6:15, 6:45, 7:00, 7:15, 7:30
Starfish	8:45, 9:00, 9:15, 9:30, 9:45, 10:15, 10:30, 10:45, 11:15	1:00, 1:15, 1:30, 1:45, 2:15, 2:30, 3:00	5:30, 5:45, 6:00, 6:15, 6:30, 6:45, 7:15, 7:30
Dolphin	8:30, 9:45, 11:00	1:00, 2:00, 2:45	6:00, 7:00, 7:30

Session 5 (July 18 - 28)

	Morning	Afternoon	Evening
Swim Buddies	8:30, 10:30, 11:30	12:45	5:30, 6:30
Goldfish	8:45, 9:00, 9:30, 9:45, 10:15, 10:45, 11:15	1:00, 1:30, 1:45, 2:30, 3:00	5:45, 6:00, 6:30, 6:45, 7:15
Sunfish	8:30, 8:45, 9:00, 9:15, 9:30, 10:30, 10:45, 11:00, 11:15, 11:30	1:00, 1:15, 1:45, 2:15, 2:45	5:30, 5:45, 6:00, 6:15, 6:30, 6:45, 7:00, 7:30
Seahorse	Contact Office		
Jellyfish	8:30, 8:45, 9:00, 9:30, 9:45, 10:15, 10:30, 10:45, 11:00, 11:15, 11:30	12:45, 1:15, 1:30, 2:00, 2:15, 2:30, 2:45, 3:00	5:30, 5:45, 6:15, 6:45, 7:00, 7:15, 7:30
Starfish	8:45, 9:00, 9:15, 9:30, 9:45, 10:30, 10:45, 11:00, 11:15	12:45, 1:00, 1:30, 1:45, 2:00, 2:30, 2:45	5:45, 6:00, 6:15, 6:30, 6:45, 7:00, 7:15, 7:30
Dolphin	9:15, 9:45, 10:15, 11:00	1:15, 2:00, 2:15, 3:00	6:00, 7:00, 7:30

Session 6 (August 1 - 11)

	Morning	Afternoon	Evening
Swim Buddies	8:30, 10:30, 11:30	3:00	5:30, 6:30
Goldfish	8:30, 8:45, 9:00, 9:45, 10:15, 10:30, 10:45, 11:00, 11:30	12:45, 1:30, 2:00, 2:30, 2:45	5:45, 6:00, 6:15, 6:30, 6:45, 7:00, 7:15
Sunfish	8:45, 9:00, 9:15, 9:30, 10:15, 10:30, 10:45, 11:00	1:00, 1:15, 1:45, 3:00	5:30, 5:45, 6:00, 6:15, 6:45, 7:15, 7:30
Seahorse	Contact Office		
Jellyfish	8:30, 8:45, 9:00, 9:15, 9:45, 10:15, 10:30, 10:45, 11:00, 11:15, 11:30	12:45, 1:00, 1:15, 1:30, 1:45, 2:00, 2:15, 2:30, 2:45, 3:00	5:30, 5:45, 6:00, 6:15, 6:30, 6:45, 7:00, 7:30
Starfish	8:45, 9:00, 9:15, 9:30, 10:15, 10:45, 11:00, 11:15, 11:30	1:00, 1:30, 2:00, 2:15, 2:45	5:30, 5:45, 6:30, 6:45, 7:00, 7:15, 7:30
Dolphin	9:15, 9:45, 10:15, 11:15	12:45, 1:15, 1:45, 2:30	6:00, 7:00, 7:30

Session 7 (August 15 - 25)

	Evening
Swim Buddies	4:30, 6:15
Goldfish	4:45, 5:00, 5:15, 5:30, 6:15, 6:45, 7:15
Sunfish	4:30, 5:00, 5:30, 5:45, 6:30, 7:00, 7:30
Seahorse	Contact Office
Jellyfish	4:30, 4:45, 5:30, 6:15, 6:30, 7:00, 7:15
Starfish	4:45, 5:15, 5:45, 6:30, 7:00, 7:15, 7:30
Dolphin	5:00, 6:45, 7:30



Daycamp

SUMMER 2022

Who is this program for?

Our Summer Fun Daycamp program is designed for 6 to 12 year olds entering 1st through 6th grade. If your child enjoys gymnastics, arts and crafts, field trips, swimming, and an overall good time, our camps are for you!



What are the details?

- Camp Cost:** \$250 per Camp
- Camp Days:** Monday - Friday for 1 week
- Camp Hours:** 8:00 AM - 5:00 PM
- Max Number of Camps:** 3 Camps per child

*Payment is due in full upon registration. Before you sign up, please be aware that there is a **\$100 non-refundable** and **non-transferable** fee if you are no longer able to join us for a camp.

**The Latest a Camp can be dropped for a partial refund is the Monday prior to the first day of camp.

What do we do all day?

Drop-Off

Campers may arrive between **8:00 and 8:30** in the morning. Once all campers have arrived, the day officially begins!

During the Day

Every day includes time out in the gym (both structured time and free time), swimming in our heated pool, art projects, and a field trip. Snack will also be provided both in the morning and in the afternoon.

Pick-Up

Unfortunately, every great day must come to an end. Our pick-up time **begins at 4:30 and runs until 5:00** in the afternoon.



Camp Dates

June

	M	T	W	Th	F
Camp 1	6	7	8	9	10
Camp 2	13	14	15	16	17
Camp 3	20	21	22	23	24
Camp 4	27	28	29	30	July 1

July

	M	T	W	Th	F
NO CAMP	4	5	6	7	8
Camp 5	11	12	13	14	15
Camp 6	18	19	20	21	22
Camp 7	25	26	27	28	29

August

	M	T	W	Th	F
Camp 8	1	2	3	4	5
Camp 9	8	9	10	11	12
	15	16	17	18	19
	22	23	24	25	26