



Class Schedule

Thank you for choosing Bay Island Gymnastics. Our goal is to realize and nurture the individual needs and goals of each participant by focusing on safety, progression and healthy activity in all aspects of the sport of

Revised: 11/18/16

Toddler, Preschool, and Kindergarten students are taught developmentally appropriate skills with the direct aim of enhancing social skills, motor skills, reading readiness and coordination. Smaller sized Olympic events are incorporated in a fun, safe and progressive environment. Classes are 45 minutes long.

Class Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jr. Explorers Walking toddlers and young pre-schoolers who require adult assistance.			9:15am	10:15am		8:00am 8:45am
Explorers Independent 3 to 4 year olds. Must be able to participate without an adult.	3:30pm	4:30pm	10:15am	9:15am 3:30pm 4:30pm		9:00am 9:30am 10:30am
Adventurers Energetic preschoolers 4 to 5 years old.	6:00pm	3:30pm	11:15am 3:30pm 4:15pm	11:15am 3:30pm 5:30pm	3:30pm	9:00am 10:30am
Mariners Students need to have their 5th birthday by 12/1 and be attending Kindergarten or 1st grade.	4:15pm	4:15pm	3:15pm	4:15pm	3:30pm 5:45pm	9:45am 10:00am 11:00am 11:15am

Tuition & Fees:

Upon enrollment students are responsible for a yearly fee that covers an individual's insurance requirements for one calendar year, as well as the monthly tuition rate for their class.

Annual Membership/ Insurance \$65

Monthly Class Rates
 45 minute classes \$84
 55 minute classes \$94
 85 minute classes \$115
 Super Stars \$170
 Pre-team \$235
 Adults \$78

Open Gym
 Non-Members \$15
 Members \$10

*Students receive **20% off** additional classes per week. Siblings receive a **10% off** of the enrollment fee as well as their monthly tuition.*

Recreational and Intermediate Recreational classes are geared towards school aged students in 1st grade and up. Students will be guided through the basic fundamentals of gymnastics and fitness in a fun goal oriented manner on the various olympic events and trampoline. A great way to learn movement and life skills while gaining confidence, coordination, flexibility and strength.

Class Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Islanders Beginning gymnastics for girls or boys ages 7 and older. Must be enrolled in the 2nd grade or higher. 55 minutes.	3:30pm 4:30pm 5:30pm 6:45pm 5:15pm BOYS	3:30pm 4:30pm 5:00pm 7:00pm	2:30pm 3:30pm 4:30pm 5:45pm	3:30pm 4:30pm 5:30pm 6:30pm 7:00pm 3:30pm BOYS	3:30pm 4:30pm 5:30pm	9:00am 10:00am 11:00am 12:00pm 10:00am BOYS
Twisters Intermediate gymnastics for ages 8 and older. 85 minutes.	4:30pm 6:30pm	4:30pm 5:45pm	4:15pm 5:45pm	4:30pm 6:30pm 6:30pm BOYS	4:30pm 6:30pm	11:30am

Advanced Recreational: Invitation-only classes. Gymnasts continue learning more advance skills while maintaining the fundamentals. Xcel is our competitive rec. program that participates in a few local competitions.

Class Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tsunami Girls Advanced class for ages 7 & older. 85 minutes.		6:30pm	5:45pm	6:30pm	6:30pm	12:15pm
Hurricane Girls Advanced non-competitive for ages 9 & older 1.75 hours.	6:15pm			6:15pm	6:15pm	
Xcel Silver & Gold Competitive Recreational program for ages 10 & older. 5 hours weekly.	6:30pm			6:30pm		

Parkour- Does your child pretend to be a Ninja warrior or Parkour master in your living room? A thrilling fitness based curriculum where participants become stronger, more agile, and learn to efficiently move from one place to another. All ages and skill levels will learn to safely overcome challenges and obstacles by combining a variety movements like running, gymnastics, climbing, vaulting, leaping, rolling and safety fall techniques. Fitness training that is hardcore!!

Class Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jr. Parkour Pre-school class 4 - 6 yrs. old. 45 minutes.		3:30pm	4:15pm	3:30pm		
Parkour I Beginning ages 6 & older. 55 minutes.		4:15pm 6:30pm	5:00pm	4:30pm		11:00am
Parkour II Intermediate ages 7 & older. 55 minutes.		5:30pm	6:15pm	5:30pm		12:00pm
Parkour III Intermediate to advanced, ages 12 & older. 55 minutes.			7:15pm			

Developmental & Competitive Programs: Invitation-only classes for girls that have demonstrated a strong desire to learn, a talent for the sport of gymnastics and the potential to be part of the competitive team. Gymnasts will learn Jr. Olympic skills as designated by USA Gymnastics in a FUN, safe and progressive manner.

Class Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hot Shots Developmental class ages 4 to 6. 55 minutes.	5:00pm	3:30pm 5:15pm	3:15pm	3:30pm 5:30pm	4:45pm	10:15am
Super Stars Developmental class ages 4 to 8, twice per week. 1.25 hr.	Monday & Friday 3:30pm		Tuesday & Thursday 3:30pm OR 5:00pm		Wednesday 4:30pm & Saturday 9:00am	
Pre-Team Developmental class, twice per week. 2 hrs.	Monday 4:30pm Friday 4:30pm			Tuesday 4:45pm Thursday 4:45pm		

Open Gym, Teens & Adults:

Open Gym (8 & Older)	Teens (12 & Older)	Adults (18 & Older)
Friday 6:30- 9:00pm	Tuesday 7:00pm - 8:30pm	Tuesday 7:30pm - 9:00pm

Competitive Team- USA Gymnastics Junior Olympic Levels 3-10 (Please contact the office for more information.)