



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 gymnastics.

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.

Revised: January 17th 2017

| 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 11:30 am |
| Mariners Students need to have their 5th birthday by 9/1 and be in Kindergarten or 1st graders new to the gym | 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 \$180
Pre-team \$235
Adults \$78
Hurricanes \$130

Open Gym 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.

Beginning 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 6 and older. Must be enrolled in the 1st 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 6:45pm | 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 | | Gold 9:00am-11:30 am |

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 min. | | 3:30pm | 4:15pm | 3:30pm | | |
| Parkour I Beginning ages 6 & older. 1 hour. | | 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 10 & 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 | 5:15pm | 3:15pm | 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 | Wednesday 4:30pm & Saturday 9:00am | | | |
| Pre-Team Developmental class, twice per week. 2 hours. | Monday 4:45pm Friday 4:45pm | | Tuesday 4:45pm Thursday 4:45pm | | Wednesday 5:45-7:45 Saturday 11:30-1:30 | |

Open Gym, Teens & Adults:

Co-ed classes and open work out time for beginning through advanced students.

| Open Gym (8 & Older) | Teens Class (12 & Older) | Adults Class (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.)