

Recreational Gymnastics Schedule

FALL 2019



FALL 2019 GYMNASTICS

SEPTEMBER 9-DECEMBER 14, 2019

14-WEEK SESSION

No classes Saturday November 23rd



SIGN UP ONLINE
WWW.SMITHERSGYMNASTICS.COM
IN THE PARENT LOGIN

CONTACT: EMAIL
SMITHERSSALTOSGYMNASTICS@GMAIL.COM
PHONE: 250-847-3547 (FLIP)

Address: 1621 Main
Street
Smithers, BC

All athletes participating in classes, camps and drop-ins must have a valid membership with Gym BC for the 2019/2020 season.

Cost: \$TBD valid Sept 1, 2019-Aug 31, 2020

Please submit a \$50 fundraising cheque before September 9, 2019 to BVGA post dated December 14, 2019

Big Bear, Little Bear

Ages 18m-3yrs

Sat 10:30-11:15am

Our Big Bear, Little Bear classes are designed for an adult and walking infant. This class is for the very young beginners to climb on equipment, have fun, and play with their parents. Join in the fun and spend 45 minutes in creative playtime with your little bear.

Bouncing Bunnies

Ages 3-4yrs

Thurs 10:30-11:30am & Sat 10:30-11:30am

Bouncing Bunnies classes are for independent children who are ready to learn the basic skills of gymnastics, and have lots of fun and play.

Little Hot Shots

Ages 5-7yrs

Thurs 2:30-3:30pm, 4:00-5:00pm & Sat 11:30-12:30pm

Little Hot Shots is focused on basic fundamental skills of gymnastics for beginners who want to have fun with their physical activity.

Mini Stars

Ages 4-6yrs

Thurs 3:30-5:00pm & Sat 10:30-12:00pm

Mini Stars is for intermediate/advanced athletes who want to develop their gymnastics skills & have a soft introduction to the pre-competitive program.

Super Ninjas

Ages 7-10yrs

Sat 11:30-1:00pm

During the 1.5 hours of this class the athletes will enjoy activities that will improve their cardiovascular fitness, flexibility, strength, agility and coordination. They will explore all the gymnastics equipment and learn gymnastics skills improving their overall physical literacy.

High Flyers

Ages 8-12+yrs

Thurs 2:30-4:00pm & Sat 11:30-1:00pm

High Flyers is for older athletes that have the ability for competitive gymnastics, but do not wish to compete. This class focuses on improving strength, flexibility & developing competitive skills.

NEW!! Trampoline & Tumbling

Ages 8-12+yrs

Thurs 5:30-6:30pm

Our Trampoline and Tumbling program provides a unique opportunity for boys and girls, ages 8 and up, to participate in a specialized program focused on developing trampoline and tumbling skills. Athletes will learn how to properly bounce, land, twist, and spin. This class utilizes the large gymnastics trampoline, the tumble track (long trampoline), and the mini trampoline.