

# RECREATIONAL GYMNASTICS, TRAMPOLINE, & TUMBLING

## Boys and Girls 18 month -/ 12 years/ Teens / Adults / Speciality Training

Burlington B.G's offers a variety of Gymnastics programs for all ages, take a look!

<p style="text-align: center;"><b><u>PARENT AND TOT</u></b> Boys &amp; Girls 18-35 month</p> <p>A fun filled experience for both child and caregiver. Together you will be guided through an exploration of activities designed to enhance the joys of early movement and discoveries. Each child must be accompanied by an adult.</p>	<p style="text-align: center;"><b><u>KINDERGYM</u></b> Boys &amp; Girls 3-6 years</p> <p>Children will enjoy the experience of movement and fitness while learning the basics of gymnastics</p> <p style="text-align: center;">Must be toilet trained!</p>	<p style="text-align: center;"><b><u>YOUTH TRAMPOLINE or TUMBLING</u></b> Boys &amp; Girls 6-12 years</p> <p>No experience required. Classes focus on basic trampoline or tumbling skills, body alignment, and conditioning drills in a fun and safe environment.</p>
<p style="text-align: center;"><b><u>KEENER TRAMPOLINE or TUMBLING</u></b> Boys &amp; Girls 10+ years</p> <p>This program is designed for both boys and girls wishing to continue at a more advanced level of training in a non competitive format. Coach recommendation and entrance test is required.</p>	<p style="text-align: center;"><b><u>RECREATIONAL GYMNASTICS</u></b> Boys &amp; Girls 6-12 years</p> <p>This program offers children the opportunity to explore all apparatus and increase their skill development. Fitness, Fun and Fundamentals for all skill levels!</p>	<p style="text-align: center;"><b><u>TEEN GYMNASTICS</u></b> Boys &amp; Girls 13-16 years</p> <p>No experience required. Fun and social programs designed to increase fitness and skill level</p>
<p style="text-align: center;"><b><u>ADVANCED BOYS RECREATIONAL</u></b> Boys only 6-12 years</p> <p>This program is designed for boys wishing to continue at a more advanced level of gymnastics training in a non-competitive format. There is no entrance testing required but must have attended at least one session of Recreational Gymnastics at the Burlington B.G.'s</p>	<p style="text-align: center;"><b><u>DROP IN PORGRAMS</u></b></p> <p style="text-align: center;"><b>PARENT AND TOT DROP IN</b> (Crawling -4years) this program is an open play time for caregivers and child to explore and enjoy gymnastics. This is a non structure program, with supervision.</p> <p style="text-align: center;"><b>OPENGYM</b> (co-ed 16+) This program is for athletes looking for a safe and enjoyable environment to train in. Supervisor on site. Not structured.</p>	<p style="text-align: center;"><b><u>ADULT GYM</u></b> Men &amp; Women 18 +</p> <p>This program is for anyone looking to continue training gymnastics for fitness. This is a non structured program. supervisor on site.</p> <p style="text-align: center;"><b><i>Annual or Seasonal Registrations accepted. Absolutely no drop-ins.</i></b></p>
<p style="text-align: center;"><b><u>PRE-COMPETITIVE PROGRAMS</u></b></p> <p><b><u>Boys Gymnastics</u></b> - workshop, provincial and National level. <b><u>Trampoline &amp; Tumbling</u></b>- interclub, provincial and National level.</p> <p>(Contact office for more info)</p>	<p style="text-align: center;"><b><u>BIRTHDAY PARTIES</u></b></p> <p>Sit back and enjoy the party and let us do all the work. Book now for one of our exciting birthday packages. Saturday or Sunday only.</p>	<p style="text-align: center;"><b><u>CAMPS</u></b></p> <p>Check our website for more info on our fun filled camps.</p> <ul style="list-style-type: none"> <li>• <b>Summer camp</b></li> <li>• <b>March Break camp</b></li> <li>• <b>Christmas camp</b></li> </ul>