

Bay Valley Academy
The Complete Family Center
 (989)686-8480

2009 - 2010 RECREATIONAL GYMNASTICS Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<u>4:00-5:00</u> Tumble Boys Beg-Interm Age 5-9	<u>4:30-5:30</u> Tumble Kids Beg-Interm Age 5-9	<u>4:00-5:00</u> Tumble Boys Beg-Interm Age 5-9	<u>9:00-10:00</u> Tumble Kids Beg-Interm Age 4-6	<u>9:00-10:00</u> Tumble Kids Beg-Interm Age 4.5-8
<u>4:30-5:30</u> Tumble Kids Beg-Interm Age 5-9	<u>5:30-6:30</u> Tumble Kids Beg-Interm Age 6-12	<u>4:30-5:30</u> Tumble Kids Beg-Interm Age 5-9	<u>4:00-5:30</u> Advanced Age 4.5-8	<u>10:00-11:00</u> Tumble Kids Intermediate Age 6-12
<u>5:30-6:30</u> Tumble Kids Beg-Interm Age 6-12	<u>5:30-7:00</u> Advanced Age 8 & up	<u>5:30-6:30</u> Tumble Kids Beg-Interm Age 6-12	<u>4:30-5:30</u> Tumble Kids Beg-Interm Age 6-12	<u>11:00-12:00</u> Tumble Kids Beg-Interm Age 5-10
<u>5:30-7:00</u> Advanced Age 8 & up	<u>5:30-7:00</u> Gym for Dancers Age 8 & up	<u>5:30-7:00</u> Advanced Age 12 & up	<u>5:30-6:30</u> Tumble Kids Beg-Interm Age 5-9	
<u>5:30-7:00</u> Gym for Dancers Age 8-11	<u>6:30-7:30</u> Tumble Kids Beg-Interm Age 6-10	<u>6:30-7:30</u> Tumble Kids Beg-Interm Age 5-9	<u>5:30-7:00</u> Advanced Junior High High School	
<u>6:30-7:30</u> Tumble Kids Beg-Interm Age 5-9	<u>7:00-8:30</u> Advanced Age 10 & up		<u>5:30-7:00</u> Gym for Dancers Junior High High School	
<u>7:00-8:00</u> Tumble Boys Intermediate Age 7-12			<u>6:30-7:30</u> Tumble Kids Beg-Interm Age 7 & up	
<u>8:00-9:00</u> Cheer Age 11& up			<u>7:30-8:30</u> Cheer Age 11& up	

All tumble kids and advanced classes are recreational gymnastics classes which include instruction on vault, uneven bars, balance beam, floor X tumbling, and tumble trak.

Advanced classes are for those that have backhandspring experience and are familiar with gymnastics equipment.

Cheer classes focus on tumbling skills and jumps.

Dance Classes focus on conditioning and tumbling.

Boys classes consist of vault, rings, high bar, parallel bars, pommel horse, floor X tumbling, and tumble trak.

Dance classes can be added before and after to make it a combination Dance & Gymnastics.