

Recreational Gymnastics

Classes are run on a monthly basis. Memberships are required for children in Kindergarten or older.

Please fill out registration forms for all classes.

Head Coach Rebecca Schofield uses circuit style training using uneven bars, beam, floor and vault equipment. Gymnasts will get an aerobic workout as well as learning balance and coordination. AGL, AAU & USAIGC affiliated. Coaches are CPR/AED and First Aid certified.

Tiny Tumblers, co-ed toddlers and preschoolers. Toddlers will need a little parental assistance until they learn to stay in the circuit.

Tuesday 6:00 - 6:45 pm

OR

Thursday 5:00 - 5:45 pm

Fee: \$24/month

All Ability Gymnastics, co-ed, K & up.

Membership required

Fun circuit style training gives lots of cardio, while increasing strength, flexibility and coordination.

Tuesday 6:00 - 7:00 pm

OR

Thursday 5:00 - 6:00 pm

Fee: \$32/month

Tumbling Class Coed

Membership required

This class utilizes our new Air Tumble Trak. Tumbling for dance, cheer, gymnastics or fun!

Tuesday 5:00 - 6:00 pm

OR

Thursday 6:00 - 7:00 pm

Fee: \$32/month

Advanced Class Coed

Membership required

This class is for those that can do cartwheels and handstands. Learning round-offs, bridges, kickovers, handsprings, etc.

Tuesday 5:00 - 6:00 pm

OR

Thursday 6:00 - 7:00 pm

Fee: \$32/month

Competition Gymnastics

Membership required

We do many shows at the Club and in the community, as well as, competing in USAIGC college bound and AGL leagues.

If you have questions or would like to schedule a try-out, e-mail: rsbgcwb@gmail.com

Youth Sports Activities & Camps **Registration for camps start: June 1st** **unless otherwise specified**

Soccer Camp

(Co-ed, ages 7 to 12 years old)

July 10th - July 14th

2 - 4 pm

Youth must bring their own soccer ball, shin guards and water bottle. Camp will be held at Mersereau Park.

Coach: Anthony Tyree

Fee: \$40/members, \$60/non-members