

## Recreational Gymnastics

**Classes are run on a monthly basis. Memberships are required for children in Kindergarten or older. Children must be registered by the first of each month. Please fill out registration forms for all classes.**

AGL, AAU & USAIGC affiliations. Training using bars, beam, floor, vaulting equipment. Gymnasts will get an aerobic workout as well as learn balance, coordination and strength exercises.

**Tiny Tumblers**, co-ed toddlers and preschoolers. Parents **will need** to assist their child.

Tuesday 4:00 - 4:45 pm

or

Thursday 4:00 - 4:45 pm

Fee: \$33/month

**Beginner Gymnastics**, co-ed, K & up.

Gymnasts will learn strength, flexibility, coordination and basic skills to move up to the next level.

Tuesday 4:00 - 5:00 pm

or

Thursday 4:00 - 5:00 pm

Fee: \$38/month

**Tumbling**, co-ed, ages 7 and up - for gymnasts, cheerleaders, dancers and more!

Tuesday 5:00 - 6:00 pm

or

Thursday 5:00 - 6:00 pm

Fee: \$38/month

**Advanced Class** Coed

This class is for those that can do cartwheels and handstands. Gymnasts will learn harder skills and perfect their current ones.

Tuesday 5:00 - 6:00 pm

or

Thursday 5:00 - 6:00 pm

Fee: \$38/month

**Competition Team**, \*Requires invite from Head Coach. Participation in shows, events, fundraisers and competition is encouraged.

Wednesdays 4:00 - 7:00 pm

Fee: \$50/month for three hours a week

\$95/month for six hours a week

\* To come try a class for Team, please contact Fennel Chen at (607) 754-0225 ext. 245 or [fchen@bgcwb.org](mailto:fchen@bgcwb.org)

**Homeschool Class**,

This class is for homeschooled children of any age.

Thursdays 3:00 - 4:00 pm

Fee: \$38/month

## Youth Winter/Spring Sports

**Youth (4 - 18 years old) Specialized sports fill up quickly. Pay special attention to registration dates; call to inquire. Please note: we will attempt to honor special requests but we cannot guarantee it.**

### Spring Soccer League

Coed, 4 to 6 years old

Coed, 7 to 10 years old

Games are held on Saturdays. Practice schedule to be announced. Coaches will notify their players prior to first practice. Shin guards are required. Season runs from beginning of May until June. Volunteers are needed to coach. First practice will be held May 4<sup>th</sup> at 10 am.

Registration: February 11<sup>th</sup> until April 21<sup>st</sup>

Fee: \$22 & membership required