

YOUTH GYMNASTICS

The developmental gymnastics program helps to introduce and refine total body awareness, strength and coordination. A child may enter the program at age 6 months and work through the progressive classes, including a competitive team until age 19. Because gymnastics classes are offered all year, we have the opportunity to instill in children the need for physical activity as a lifestyle. It also allows us to equip the children with basic fundamental movement skills conducive to each developmental stage.

FALL

SESSION I: January 19 – February 18

(5 week session)

SESSION II: February 19 – March 26

(5 week session)

NO CLASSES HELD: February 13 & 15

DIRECTIONS TO THE TRANSMITTER BUILDING

From Winslow, drive north on SR-305. Turn left on Day Road and stay left onto Miller Road. Follow Miller Road for about 1½ miles then turn right on Arrow Point Drive. Continue on Arrow Point Drive until the entrance to Battle Point Park. Turn left into the park, the Transmitter Building will be located directly ahead. Parking will be around the loop next to KID'S UP Playground.

LOCATION OF BHS GYMNASTICS ROOM

Gymnastics Room is located directly across the parking lot from the pool back doors or in back of the High School.

PARKING for Gymnastics Room. Please use the Pool parking area during day hours 9:00a – 3:00p and walk to the gym using the sidewalk west of the pool parking lot. Evening classes may use the parking area outside the gymnastics room. Parking is also available by the Commodore Facility located on High School Road down the hill from the high school reader board. Spectator seating area is on the balcony located at the back of the gym. Please use the south entrance to the gym when at all possible to help control the traffic flow in the gym. Be aware of the parking lot in the evenings, there are many cars that drop off children to the gymnastics room or school events. These drive through areas are congested and drivers need to be more aware of other vehicles and especially pedestrians.

BIRTHDAY PARTY

Rent the BHS Gymnastics Room or the Transmitter Building for your child's birthday party. Fun for everyone! Call the gymnastics department to reserve your party today. 842-2306 ext. 17. Cancellation policy: Full refund 5 days prior to party less a \$5 service fee. No refund, no exceptions, after the deadline described above.

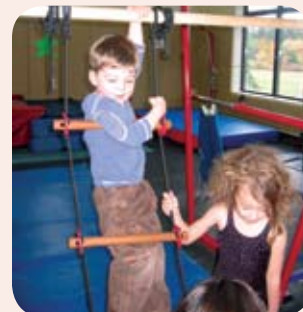
Cost: \$80/60 minutes of gym time

\$20/30 minutes of lobby time
up to 10 kids

*Double instructor parties are available for up to 18 kids - call for fees!

*Please call at least 2 weeks in advanced for availability.

OPEN PLAY TIME at the Transmitter Building!



For youth ages 6 months to 5 years. Come join other kids in a fun and open atmosphere.

Cost: \$5 drop-in fee or
\$20 for 5 visit punch card
\$40 for 10 visit punch card

Hours: 10:00a-12:00p M-Sat
1:00-3:00p T, Th
(New Additional Hours)

Winter Quarter Hours

M-Sa 10:00 – 12:00p 1/4-3/31

T, Th 1:00 – 3:00p 1/5-3/30

*no open play 2/13 & 2/15

Please comply with all the rules posted. This will keep the play area safe for all participants.

- When you arrive, please check in with the gym supervisor
- Keep within arms reach of your child at all times
- There is a limit of two children per adult
- No adults allowed on equipment
- All other rules are posted on a handout given to you and in the gym.



HOME GYMNASTICS MEET January 16 & 17

Awesome gymnastics all weekend long! Come support your local male and female gymnasts. Teams from around the region will be competing at Woodward Middle School. The boys' competition will be Saturday, January 16 from 10:00 – 4:00 and the girls' will be Sunday January 17 from 10:00 – 4:00.

WARM-UPS

Warm-ups and basic skill repetitions are held during the first 10 to 15 minutes of class. These are important for assurance of muscle safety and memory retention. To reduce risk of injury, it is essential that children participate in these warm-up exercises. Please be fair to the other children, your child, and the instructor by arriving on time. If you find that you are going to be more than 5 minutes late for Preschool gym through Kindergym or 10 minutes late for Beginner through Advanced boys and girls recreational classes, we ask that your child not participate that day. Please do not place our instructor in the situation of turning away your child for this reason.

INDIVIDUALIZED INSTRUCTION

Special one on one instruction. Call the gymnastics department to request your lesson day/time and instructor. 842-2306 ext. 17. Instructors will then call to give details and to arrange times.

Cost: \$35/45 minutes for individual.
\$45/60 minutes for individual.

Add \$5 for extra child from immediate family (one only).



EXTRA GYMNASTICS WORKOUT (Ages 6 - adult)

Here's a chance to improve your skills. This extra time will allow you an opportunity to receive additional instruction and practice on areas needing improvement. This is available to students who are currently or have been involved in Park District gymnastics classes. Beginner 1 through team level. **Held in BHS Gymnastics Room.**

Cost: \$5 drop in fee or
\$20 for 5 visit punch card

Offered most Friday's from 7:30-9:30p and Sunday's 4:00-6:00p. Look for posted dates and times on the web and in the gym!

STUNT CLASS (ages 9-18)

For female or male students. This class will focus on the fundamentals of falling and rolling to train like a movie stunt person. Elements of the class will include Parkour, Martial Arts and Acrobatics for fight choreography and chases. Students will work on balance, timing and conditioning to become more in tune with their bodies. Taught by **Jason Balangué**. *Class length 60 minutes.* **BHS Gymnastics Room**

Activity #	141565			Sec#
W	7:00p	1/20-2/17	\$42	01
W	7:00p	2/24-3/24	\$42	02

SETTING THE P.A.C.E. (Parent and Child Exercise Class)

The Surgeon General says that Children who observe their parents being physically active and having fun are more likely to be active and stay active throughout their lives. This class will focus on building your body and your relationship with your kids all at once with exercises that will keep you and your kids healthy and fit. This class is for parents and children (between the ages of 4-6). There is a maximum of 2 children per parent. Taught by **Jason Balangué**. *Class length 45 minutes.* **BHS Gymnastics Room**

Activity #	141514			Sec#
M	1:00p	1/25-2/8	\$19	01
M	1:00p	2/22-3/22	\$32	02

PERFECT FIT (ages 7-13)

This class is for boy or girl students between the ages of 7-13. The class will focus on keeping children healthy and fit. Students will work on conditioning using their own body-weight, increasing flexibility, agility and stamina, and some basic gymnastics. This is a perfect fit for any student looking to increase sports performance or just get in shape. Taught by **Jason Balangué**. *Class length 45 minutes.* **BHS Gymnastics Room**

Activity #	141566			Sec#
W	6:00p	1/20-2/17	\$32	01
W	6:00p	2/24-3/24	\$32	02

FULL B.L.A.S.T. (Body Lean and Strong Training)

This class is for female and male students ages 14 to Adult. This class will focus on exercises that challenge both the cardiovascular system, and the larger muscles of the body with efficient compound movements. Improves muscular strength, flexibility and agility utilizing one's own body-weight and some very basic gymnastics skills. This class is great for anyone looking to improve sports performance, get into shape, stay in shape, and/or just try something new. Taught by **Jason Balangué**. *Class length 60 minutes.* **BHS Gymnastics Room**

Activity #	141555			Sec#
Th	7:30p	1/21-2/18	\$42	01
Th	7:30p	2/25-3/25	\$42	02

TRAMP AND TUMBLE CLASS (ages 7-18)

For female or male students. Class will focus on floor and trampoline tumbling skills; which includes cartwheels, round-off, front and back handsprings and flips. *Class length 60 minutes.* **BHS Gymnastics Room**

Activity #	141556			Sec#
Tu	5:00p	1/19-2/16	\$42	01
Tu	5:00p	2/23-3/23	\$42	02

PARKOUR CLINIC

We have one of the leading northwest parkour clinicians, Rafe Kelley, coming to Bainbridge Island to put on a parkour and street running clinic. Rafe Kelley is a founding member of Washington's Parkour community, the Vice Chair of the Pacific Northwest Parkour Association and a respected member of the national and international Parkour community. In addition to his Parkour experience, Rafe has eight years of gymnastics experience and ten years of martial arts training. He will be teaching all levels. This clinic is for ages 9 through 18. Not eligible for Helpline.

Activity #141560, Sec #01
When: Saturday, January 23, 2010
Location: BHS Gymnastics Room
Time: 2:00-5:00p
Cost: \$35



STREET GYMNASTICS/PARKOUR (ages 9 to 18)

For female and male students who want to learn to run, leap, jump or flip off walls safely prior to doing it in an outside setting. If you do not know much about this sport/activity go to www.youtube.com and type in street gymnastics or parkour. Taught by **Kenny Powers & Jason Balangué**. *Class length 60 minutes.* **BHS Gymnastics Room**

Activity #	141557			Sec#
M	7:30p	1/25-2/8	\$25	01
M	7:30p	2/22-3/22	\$42	02

ADVANCED STREET GYMNASTICS/PARKOUR (ages 9 to 18)

This class is for female and male students who have experience in parkour movement. Students must be placed or passed by an instructor. Taught by **Jason Balangué**. *Class length 60 minutes.* **BHS Gymnastics Room**

Activity #	141564			Sec#
Tu	7:30p	1/19-2/16	\$42	01
Tu	7:30p	2/23-3/23	\$42	02





PRESCHOOL GYM AND DANCE (ages 3-4)

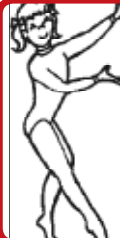
This class is designed for children who have successfully participated in a Preschool Gym for one full session. This is an **instructor-led class without parent participation.** Your child will be lead through basic ballet steps, positions and alignments in a creative and playful atmosphere. This class will also follow our preschool curriculum. We suggest that your child be dressed in a leotard and **footless** tights, while tutu's will be provided. If you have questions as to where to get the leotard please call 842-2306 ext 17. *Class length 45 minutes. BHS Gymnastics Room*

Activity #	Activity #	Sec#
Th 9:30a	1/21-2/18	\$32 01
Th 9:30a	2/25-3/25	\$32 02

KINDERGYM AND DANCE (ages 4-6)

This exciting class format is designed to engage the young child in the strong foundation of balletic movement used in gymnastics. Your child will be lead through basic ballet steps, positions and alignments in a creative and playful atmosphere. This class will also follow our beginning/intermediate Kindergym curriculum. We suggest that your child be dressed in a leotard and footless tights, while tutu's will be provided. If you have questions as to where to get the leotard please call 842-2306 ext 17. *Class length 45 minutes. BHS Gymnastics Room*

Activity #	Activity #	Sec#
Th 10:30a	1/21-2/18	\$32 01
Th 10:30a	2/25-3/25	\$32 02



CLASSES FOR GYM BABIES THROUGH PRESCHOOL

Please read descriptions carefully to place your child in the appropriate class!

FOR SAFETY PURPOSES, SIBLINGS MAY NOT PARTICPATE IN ANY OF THESE CLASSES UNLESS THEY ARE REGISTERED IN THE CLASS.

GYM BABIES (crawling to 23 months)

Parents participate with the child on a **one-to-one basis.** Children will be exposed to gymnastics with parent support and movement in a structured and open gym format. This is a great opportunity to spend some quality time with your child and to meet other parents. *Class length 30 minutes. BHS Gymnastics Room*

Activity #	Activity #	Sec#
F 9:30a	1/22-2/12	\$17 01
F 9:30a	2/19-3/19	\$21 02

PARENT TOT STRUCTURED GYM (ages 24-36 months)

Parents participate with their child on a **one-to-one basis in a fully structured, instructor-led class.** There will be exciting warm-ups, games, music and obstacle courses filled with gymnastics to strengthen and build motor skill confidence. *Class length 40 minutes. BHS Gymnastics Room*

Activity #	Activity #	Sec#
Tu 11:30a	1/19-2/16	\$32 01
F 10:10a	1/22-2/12	\$25 02
Tu 11:30a	2/23-3/23	\$32 03
F 10:10a	2/19-3/19	\$32 04

PRESCHOOL COME PLAY WITH PARENTS (ages 3 & 4)

Parents fully participate with their child in this **instructor-led structured gymnastics class.** Your child will be introduced to gymnastics skills via obstacle courses, games and music. This class is designed to foster motor skill development as well as listening and following skills. With parent support in a positive environment, your child will gain confidence by moving and focusing in this instructor-led class. *Class length 45 minutes. BHS Gymnastics Room*

Activity #	Activity #	Sec#
F 11:00a	1/22-2/12	\$25 01
Sa 9:00a	1/23-2/6	\$19 02
F 11:00a	2/19-3/19	\$32 03
Sa 9:00a	2/20-3/20	\$32 04

PRESCHOOL GYM (ages 3-4)

This class is designed for children who have successfully participated in a Preschool Come Play for one full session. This is an **instructor-led class without parent participation. This is a great stepping stone into our Kindergym program for those 3 and 4 years old who are able to listen to and execute multiple instructions and remain confident when left with an instructor.** Your child will be led through gymnastics based obstacle courses assisted by games and music. Parents will be asked to remain in the parent viewing area upstairs during the class. *Class length 45 minutes. BHS Gymnastics Room*

Activity #	Activity #	Sec#
Tu 10:30a	1/19-2/16	\$32 01
F 12:00p	1/22-2/12	\$25 02
Sa 10:00a	1/23-2/6	\$19 03
Tu 10:30a	2/23-3/23	\$32 04
F 12:00p	2/19-3/19	\$32 05
Sa 10:00a	2/20-3/20	\$32 06



BOYS ONLY KINDERGYM (ages 4-6)

Intro to Kindergym for boys ONLY! Those who are 4 years of age must have completed at least one preschool gym session and students must be able to take directions from teacher. Skills will be taught on all boys equipment which includes, floor, pommel horse, rings, vault, parallel bars and high bar. Taught by **Bryan Garoutte.** *Class length 45 minutes. BHS Gymnastics Room*

Activity #	Activity #	Sec #
Tu 9:30a	1/19-2/16	\$32 01
Tu 9:30a	2/23-3/23	\$32 02

GIRLS ONLY KINDERGYM (ages 4-6)

Intro to Kindergym for girls ONLY! Those who are 4 years of age must have completed at least one preschool gym session and students must be able to take directions from teacher. Skills will be taught on all girls equipment which includes, vault, bars, beam and floor. Taught by **Sybil Braham.** *Class length 45 minutes. BHS Gymnastics Room*

Activity #	Activity #	Sec #
Th 9:30a	1/21-2/18	\$32 01
Th 9:30a	2/25-3/25	\$32 02





BEGINNER KINDERGYM (ages 4-6)

Intro to Kindergym for both boys and girls. Those who are 4 years of age need to have some preschool gym experience. Skills taught include basic tumbling, uneven bar skills, balance beam and vaulting techniques. *Class length 45 minutes. BHS Gymnastics Room; **Classes held at the Transmitter Building*

Activity #	141506			Sec#
M	10:15a	1/25-2/8	\$19	01
M**	5:00p	1/25-2/8	\$19	02
W	1:00p	1/20-2/17	\$32	03
Th**	4:00p	1/21-2/18	\$32	04
F	1:00p	1/22-2/12	\$25	05
Sa	11:00a	1/23-2/6	\$19	06
M	10:15a	2/22-3/22	\$32	07
M**	5:00p	2/22-3/22	\$32	08
W	1:00p	2/24-3/24	\$32	09
Th**	4:00p	2/25-3/25	\$32	10
F	1:00p	2/19-3/19	\$32	11
Sa	11:00a	2/20-3/20	\$32	12

INTERMEDIATE KINDERGYM (ages 4-6)

For Kindergym students who have completed Beginner Kindergym or been placed by an instructor. *Class length 45 minutes. BHS Gymnastics Room; **Classes held at the Transmitter Building.*

Activity #	141507			Sec#
M**	6:00p	1/25-2/8	\$19	01
Tu,Th	10:30a	1/19-2/18	\$63	02
F	2:00p	1/22-2/12	\$25	03
Sa	11:00a	1/23-2/6	\$19	04
M**	6:00p	2/22-3/22	\$32	05
TuTh	10:30a	2/23-3/25	\$63	06
F	2:00p	2/19-3/19	\$32	07
Sa	11:00a	2/20-3/20	\$32	08



BEGINNER 1 - Girls

For girls grades 1 through 12 with little or no experience. Class concentrates on total body awareness, strength, and coordination through basic gymnastic skills in tumbling, balance beam, bars and vaulting. *Class length 60 minutes. BHS Gymnastics Room; **Classes held at the Transmitter Building.*

Activity #	141530			Sec#
MW**	5:00p	1/20-2/17*	\$67	01
Tu**	4:00p	1/19-2/16	\$42	02
Sa	12:00p	1/23-2/6	\$25	03
*No Class 2/15				

MW**	5:00p	2/22-3/24	\$84	04
Tu**	4:00p	2/23-3/23	\$42	05
Sa	12:00p	2/20-3/20	\$42	06



BEGINNER 2 - Girls

For girls who have completed Beginner 1, or who have some gymnastics experience on all the events or have been placed by an instructor. *Class length 60 minutes. BHS Gymnastics Room; **Class held at the Transmitter Building.*

Activity #	141531			Sec#
TuTh**	5:00p	1/19-2/18	\$84	01
Sa	12:00p	1/23-2/6	\$25	02
TuTh**	5:00p	2/23-3/25	\$84	03
Sa	12:00p	2/20-3/20	\$42	04

INTERMEDIATE - Girls

For girls with a minimum of one year of gymnastic experience who have completed Beginner 2 or have been placed by an instructor. *Class length 75 minutes. Transmitter Building*

Activity #	141532			Sec#
TuTh	6:00p	1/19-2/18	\$92	01
TuTh	6:00p	2/23-3/25	\$92	02

ADVANCED-Girls

For the serious gymnast with more than one year's experience on bars, vault, beam, floor. Must have completed intermediate girls or be placed by an instructor. This class is geared for a competitive level. *Class length 90 minutes. Transmitter Building*

Activity #	141533			Sec#
MW	6:00p	1/20-2/17*	\$78	01
MW	6:00p	2/22-3/24	\$98	02
*No Class 2/15				



BEGINNER - Boys

For boys from grade school through high school age with little or no experience. Class concentrates on basic tumbling and will include an introduction to some of the boys' apparatus. *Class length 60 minutes. BHS Gymnastics Room*

Activity #	141540			Sec#
MW	5:00p	1/20-2/17*	\$67	01
MW	5:00p	2/22-3/24	\$84	02
*No Class 2/15				

INTERMEDIATE AND ADVANCED - Boys

For boys with a minimum of one year of gymnastic experience. All students should be placed by an instructor or have completed Beginner Boys. *Class length 75 minutes. BHS Gymnastics Room*

Activity #	141541			Sec#
MW	6:00p	1/20-2/17*	\$74	01
MW	6:00p	2/22-3/24	\$92	02
*No Class 2/15				

BAINBRIDGE ISLAND BOYS GYM TEAM

For grade school through high school age. The team will travel to events throughout the region, participating in levels 4 through 10 competitions. Team members are selected by ability and space availability. Additional costs are involved. Contact the gymnastics department at the Park District for more information.

BAINBRIDGE ISLAND GIRLS GYM TEAM

For grade school through high school age. The team will travel to events throughout the region, participating in level 4 through 10 competitions. Team members are selected by ability and space availability. Additional costs are involved. Contact the gymnastics department at the Park District for more information.

