

## 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.

### WINTER

SESSION I: January 17-February 17  
(5 week session)  
SESSION II: February 24 - March 24  
(4 week session)  
**NO CLASSES HELD: March 9-11**

### SPRING

SESSION I: April 9- May 5  
(4 week session)  
SESSION II: May 7 - June 2  
(4 week session)  
**NO CLASSES HELD: May 26-28**

### 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.

### 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.

### OPEN PLAY TIME at the Transmitter Building!



For ages 6 months to 5 years. Come join other kids in a fun and open atmosphere. \*State of WA is now taxing participants for this activity. %

Cost: \$4.60 plus tax drop-in fee or  
\$20.26 plus tax for 5 visit punch card  
\$40.52 plus tax for 10 visit punch card

#### Winter Quarter Hours

M-Sa 10:00 - 12:00p; 1/2-3/31  
\*no open play 1/13, 1/14, 1/16, 2/18, 2/20, 3/9, 3/10

#### Spring Quarter Hours

M-Sa 10:00 - 12:00p; 4/2-6/16  
\*no open play 4/6, 5/26, 5/28

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.

## BAINBRIDGE HOSTING BOYS GYMNASTICS STATE CHAMPIONSHIP March 10-11

The Bainbridge Island Gymnastics Club and the Bainbridge Island Metro Parks and Rec will be hosting this year's WA State Boys' Gymnastics Championship at Bainbridge High School. Come support your local gymnasts and watch an amazing weekend of boys' gymnastics. Sessions will be from 9:00a-9:00p on Saturday and 9:00a to 3:00p on Sunday. Final times will be posted on the gymnastics webpage the first weekend of March.



**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. **BHS Gymnastics Room.**

**\*State of WA is now taxing open gym participants. %**

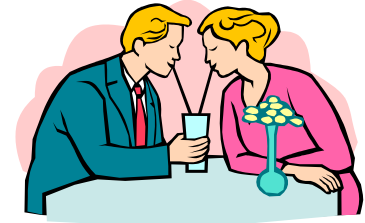
Cost: \$4.60 plus tax drop-in fee or \$20.26 plus tax for 5 visit punch card

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



**BRING A FRIEND TO GYMNASTICS WEEK**

New and exciting for the week of April 23<sup>rd</sup> -29<sup>th</sup>, It is bringing a friend to class week. Your friend will learn the same skills you are for the day. The cost is only \$5.00 per child. You will receive a \$5 discount coupon for bringing a friend to class with you. You can use this coupon for either spring or summer gymnastics classes or camps. Your friend will also receive a \$5 discount coupon for gymnastics classes or camps. (Eligible for 1 discount per child, per family.)



**YOUTH AND TEEN PROGRAMS**



**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 117. Cancellation policy: Full refund 7 days prior to party less a \$5 service fee. No refund, no exceptions, after the deadline described above. %

Cost: \$100 plus tax for 10 kids or under Includes 60 minutes of gym time and 30 minutes of celebration time in lobby

\$160 plus tax for 11- 20 kids Includes 60 minutes of gym time and 30 minutes of celebration time in lobby.

**\*State of WA is now taxing participants for this activity.**

**CREATE YOUR OWN CLASS**

Set up your own class. Special instruction just for a group you put together. The class must consist of 5 or more enrolled participants. Minimum of 3 classes per group. Call the gymnastics department to request your lessons at 206-842-2306 ext 117 or 124.

**Cost:**  
\$4 per child, per class, for a 30 minute class.  
\$6 per child, per class, for a 45 minute class.  
\$8 per child, per class, for a 60 minute class.

**INDIVIDUALIZED INSTRUCTION**

Special one on one instruction. Call the gymnastics department to request your lesson day/time and instructor. 842-2306 ext 117. Instructors will then call to give details and to arrange times.

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

**PARENT'S NIGHT OUT**

(ages 7 to 13) Would your children like to play in the gymnastics room for hours, then settle down with a movie and a snack? This activity is for boys and girls ages 7 to 13. There will be open gym, planned activities, movie and then snacks and drinks provided. Student must be independent and able to be without parent. *Not eligible for Helpline.* **BHS Gymnastics Room %**  
**\*Waiver signed guardian on site.**

Activity#	141563			Sec#
Sa	6:30-10:00p	2/4	\$30	01
Sa	6:30-10:00p	5/19	\$30	02

**SPRING BREAK CLINICS**

**CIRCUS SKILLS CLINIC**

(ages 6-12) This clinic offers children the opportunity to learn a wide range of circus skills with an emphasis on acrobatics (tumbling), juggling, clowning, balancing, hoop diving, handstands, aerial awareness and trampoline. Students will also be introduced to clowning and creative movement. This is a great introductory circus skills experience for young people wishing to discover, enjoy and practice a wide array of skills. Jason Balangue. BHS Gymnastics Room

Activity#	141575			Sec#
W	2:00-4:00p	4/4	\$25	01

**FLIPPING AND TWISTING CLINIC - SPRING BREAK**

(ages 8-18) This clinic offers the student opportunity to learn both flipping and twisting skills using the mini tramp, tumbl trak, and mats. Students will be introduced to a wide variety of skills ranging from gymnastics base skills, to dance, and street running/parkour. Jason Balangue. BHS Gymnastics Room

Activity#	141576			Sec#
Th	2:00-4:00p	4/5	\$25	01



**PARKOUR**

**STREET PARKOUR**

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](http://www.youtube.com) and type in street gymnastics or parkour. Taught by **Rory Ferguson & Jonathan Gallivan. BHS Gymnastics Room++**



**Ages 8-13**

Activity#	Activity	Days	Price	Sec#
141557	M 7:30-8:30p	1/23-2/13	\$34	01
	M 7:30-8:30p	2/27-3/19	\$34	02
	M 7:30-8:30p	4/9-4/30	\$34	03
	M 7:30-8:30p	5/7-5/21	\$25	04

**Ages 14+**

Activity#	Activity	Days	Price	Sec#
141559	T 7:30-8:30p	1/17-2/14	\$42	01
	T 7:30-8:30p	2/28-3/20	\$34	02
	T 7:30-8:30p	4/10-5/1	\$34	03
	T 7:30-8:30p	5/8-5/29	\$34	04

**ADVANCED STREET GYMNASTICS/PARKOUR**

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 **Rory Ferguson. BHS Gymnastics Room++**

Activity#	Activity	Days	Price	Sec#
141564	W 7:30-8:45p	1/18-2/15	\$46	01
	W 7:30-8:45p	2/29-3/21	\$37	02
	W 7:30-8:45p	4/11-5/2	\$37	03
	W 7:30-8:45p	5/9-5/30	\$37	04

**PARKOUR at Freeway Park**

(ages 8 to 18) This is a field trip for all those who train in Parkour to get a chance to test their skills and learn in an outdoor setting. We will be walking to Freeway Park from the ferry, which is the Hot Spot for all traceurs (those who do Parkour) in the Seattle area. The park is filled with many obstacles to have fun and test your abilities. Participants will meet at the ferry terminal at 11:00a. Please bring a sack lunch, snacks and drink items. Jason will be directing the group to the park from the ferry. Parents can then pick up their child at the Bainbridge Island ferry terminal at 4:30p. Participants will call their parents to confirm the time. Price includes ferry pass.++

Activity#	Activity	Days	Price	Sec#
141573	Sa 11:00-5:00p	5/12	\$35	01

**PARKOUR CLINIC**

(ages 8 to 18) This clinic is for female and male students. We have one of the leading Parkour specialists of Kitsap County, **Kenny Powers**, to teach the participants a variety of skills that will help them increase their parkour abilities. Held at **BHS gymnastics room and selected outside areas. ++**

Activity#	Activity	Days	Price	Sec#
141560	Sa 2:00-5:00p	3/17	\$30	01
	Sa 2:00-5:00p	5/5	\$30	02

**STUNT CLASS**

(ages 8-12) 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 **Rory Ferguson. BHS Gymnastics Room++**

Activity#	Activity	Days	Price	Sec#
141565	W 6:30-7:30p	1/18-2/15	\$42	01
	W 6:30-7:30p	2/29-3/21	\$34	02
	W 6:30-7:30p	4/11-5/2	\$34	03
	W 6:30-7:30p	5/9-5/30	\$34	04



**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 learn 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 Balangue. BHS Gymnastics Room++**

Activity#	Activity	Days	Price	Sec#
141566	W 6:15-7:00p	1/18-2/15	\$32	01
	W 6:15-7:00p	2/29-3/21	\$25	02
	W 6:15-7:00p	4/11-5/2	\$25	03
	W 6:15-7:00p	5/9-5/30	\$25	04

**TRAMP AND TUMBLE CLASS**

(ages 7-11) For female or male students. Class will focus on learning floor and trampoline tumbling skills; which includes cartwheels, round-off, front and back handspings and flips. **BHS Gymnastics Room++**

Activity#	Activity	Days	Price	Sec#
141556	T 5:00-6:00p	1/17-2/14	\$42	01
	Sa 12:00-1:00p	1/21-2/11	\$34	02
	T 5:00-6:00p	2/28-3/20	\$34	03
	Sa 12:00-1:00p	2/25-3/24*	\$34	04

**\*No Class 3/10**

T 5:00-6:00p	4/10-5/1	\$34	05
Sa 12:00-1:00p	4/14-5/5	\$34	06
T 5:00-6:00p	5/8-5/29	\$34	07
Sa 12:00-1:00p	5/12-6/2	\$25	08

**\*No Class 5/26**

**TRAMP AND TUMBLE CLASS**

(ages 12-18) For female or male students. Class will focus on learning floor and trampoline tumbling skills; which includes cartwheels, round-off, front and back handspings and flips. **BHS Gymnastics Room++**

Activity#	Activity	Days	Price	Sec#
141570	T 6:00-7:00p	1/17-2/14	\$42	01
	T 6:00-7:00p	2/28-3/20	\$34	02
	T 6:00-7:00p	4/10-5/1	\$34	03
	T 6:00-7:00p	5/8-5/29	\$34	04

**CLASSES FOR GYM BABIES THROUGH PRESCHOOL**

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



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

**GET THE WIGGLES OUT!**

A parent child class for children walking - 4 years old. This organized movement class will include instruction on simple across the floor sequences, freestyle dance, basic gymnastics skills, and games to encourage coordination, increase proprioception, and most of all, get some of those wiggles out! Parent may have 2 kids participating. Fee listed below is for one participant. **Class held at Transmitter Bldg.++**

Activity#	Activity	Days	Price	Sec #
141508	T 12:15-1:00p	1/17-2/14	\$32	01
	T 12:15-1:00p	2/28-3/20	\$25	02
	T 12:15-1:00p	4/10-5/1	\$25	03
	T 12:15-1:00p	5/8-5/29	\$25	04

**GYM BABIES**

**(crawling to 24 months)** Parents participate with the child on a one-to-one basis. Children will learn 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. **BHS Gymnastics Room++**

Activity#	141501			Sec#
F	9:30-10:00a	1/20-2/10	\$17	<b>01</b>
F	9:30-10:00a	2/24-3/23*	\$17	<b>02</b>
<b>*No Class 3/9</b>				
F	9:30-10:00a	4/13-5/4	\$17	<b>03</b>
F	9:30-10:00a	5/11-6/1	\$17	<b>04</b>

**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. **BHS Gym Room++**

Activity#	141503			Sec#
F	10:10-10:50a	1/20-2/10	\$25	<b>01</b>
Sa	9:10-9:50a	1/21-2/11	\$25	<b>02</b>
F	10:10-10:50a	2/24-3/23*	\$25	<b>03</b>
Sa	9:10-9:50a	2/25-3/24*	\$25	<b>04</b>
<b>*No Class 3/9, 3/10</b>				
F	10:10-10:50a	4/13-5/4	\$25	<b>05</b>
Sa	9:10-9:50a	4/14-5/5	\$25	<b>06</b>
F	10:10-10:50a	5/11-6/1	\$25	<b>07</b>
Sa	9:10-9:50a	5/12-6/2*	\$19	<b>08</b>
<b>*No Class 5/26</b>				

**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. **BHS Gym Room++**

Activity#	141504			Sec#
F	11:00-11:45a	1/20-2/10	\$32	<b>01</b>
F	11:00-11:45a	2/24-3/23*	\$25	<b>02</b>
<b>*No Class 3/9</b>				
F	11:00-11:45a	4/13-5/4	\$25	<b>03</b>
F	11:00-11:45a	5/11-6/1	\$25	<b>04</b>



**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. **BHS Gymnastics Room; \*\*Classes held at the Transmitter Building++**

Activity#	141505			Sec#
M**	4:00-4:45p	1/23-2/13	\$25	<b>01</b>
F	12:00-12:45p	1/20-2/10	\$25	<b>02</b>
Sa	10:00-10:45a	1/21-2/11	\$25	<b>03</b>
M**	4:00-4:45p	2/27-3/19	\$25	<b>04</b>
F	12:00-12:45p	2/24-3/23*	\$25	<b>05</b>
Sa	10:00-10:45a	2/25-3/24*	\$25	<b>06</b>
<b>*No class 3/9, 3/10</b>				

M**	4:00-4:45p	4/9-4/30	\$25	<b>07</b>
F	12:00-12:45p	4/13-5/4	\$25	<b>08</b>
Sa	10:00-10:45a	4/14-5/5	\$25	<b>09</b>
M**	4:00-4:45p	5/7-5/21	\$19	<b>10</b>
F	12:00-12:45p	5/11-6/1	\$25	<b>11</b>
Sa	10:00-10:45a	5/12-6/2*	\$19	<b>12</b>
<b>*No class 5/26</b>				



**KINDERGYM AND DANCE**

**(ages 4-6)** This exciting class format is designed to engage the young child in learning strong foundations 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 124. **Transmitter Building++**

Activity#	141509			Sec#
W	4:00-4:45p	1/18-2/15	\$32	<b>01</b>
W	4:00-4:45p	2/29-3/21	\$25	<b>02</b>
W	4:00-4:45p	4/11-5/2	\$25	<b>03</b>
W	4:00-4:45p	5/9-5/30	\$25	<b>04</b>

**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. **BHS Gymnastics Room; \*\*Classes held at the Transmitter Building++**

Activity#	141506			Sec#
M	10:00-10:45a	1/23-2/13	\$25	<b>01</b>
M**	5:00-5:45p	1/23-2/13	\$25	<b>02</b>
Th	10:00-10:45p	1/19-2/16	\$32	<b>03</b>
Th**	4:00-4:45p	1/19-2/16	\$32	<b>04</b>
F	1:00-1:45p	1/20-2/10	\$25	<b>05</b>
Sa	11:00-11:45a	1/21-2/11	\$25	<b>06</b>
M	10:00-10:45a	2/27-3/19	\$25	<b>07</b>
M**	5:00-5:45p	2/27-3/19	\$25	<b>08</b>
Th	10:00-10:45p	3/1-3/22	\$25	<b>09</b>
Th**	4:00-4:45p	3/1-3/22	\$25	<b>10</b>
F	1:00-1:45p	2/24-3/23*	\$25	<b>11</b>
Sa	11:00-11:45a	2/25-3/24*	\$25	<b>12</b>
<b>*No Class 3/9, 3/10</b>				

M	10:00-10:45a	4/9-4/30	\$25	<b>13</b>
M**	5:00-5:45p	4/9-4/30	\$25	<b>14</b>
Th	10:00-10:45p	4/12-5/3	\$25	<b>15</b>
Th**	4:00-4:45p	4/12-5/3	\$25	<b>16</b>
F	1:00-1:45p	4/13-5/4	\$25	<b>17</b>
Sa	11:00-11:45a	4/14-5/5	\$25	<b>18</b>
M	10:00-10:45a	5/7-5/21	\$19	<b>19</b>
M**	5:00-5:45p	5/7-5/21	\$19	<b>20</b>
Th	10:00-10:45p	5/10-5/31	\$25	<b>21</b>
Th**	4:00-4:45p	5/10-5/31	\$25	<b>22</b>
F	1:00-1:45p	5/11-6/1	\$25	<b>23</b>
Sa	11:00-11:45a	5/12-6/2*	\$19	<b>24</b>
<b>*No Class 5/26</b>				

**INTERMEDIATE KINDERGYM**

**(ages 4-6)** For students who have completed Beginner Kindergym or been placed by an instructor. **BHS Gymnastics Room; \*\*Classes held at the Transmitter Building.++**

Activity#	141507			Sec#
M**	6:00-6:45p	1/23-2/13	\$25	<b>01</b>
Tu	10:30-11:15a	1/17-2/14	\$32	<b>02</b>
F	2:00-2:45p	1/20-2/10	\$32	<b>03</b>
Sa	11:00-11:45a	1/21-2/11	\$25	<b>04</b>
M**	6:00-6:45p	2/27-3/19	\$25	<b>05</b>
Tu	10:30-11:15a	2/28-3/20	\$25	<b>06</b>
F	2:00-2:45p	2/24-3/23*	\$25	<b>07</b>
Sa	11:00-11:45a	2/25-3/24*	\$25	<b>08</b>
<b>*No Class 3/9, 3/10</b>				

M**	6:00-6:45p	4/9-4/30	\$25	<b>09</b>
Tu	10:30-11:15a	4/10-5/1	\$25	<b>10</b>
F	2:00-2:45p	4/13-5/4	\$25	<b>11</b>
Sa	11:00-11:45a	4/14-5/5	\$25	<b>12</b>
M**	6:00-6:45p	5/7-5/21	\$19	<b>13</b>
Tu	10:30-11:15a	5/8-5/29	\$25	<b>14</b>
F	2:00-2:45p	5/11-6/1	\$25	<b>15</b>
Sa	11:00-11:45a	5/12-6/2*	\$19	<b>16</b>
<b>*No Class 5/26</b>				

**GIRLS CLASSES**

**BEGINNER 1 – Girls**

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

Activity# 141530			Sec#
M** 5:00-6:00p	1/23-2/13	\$34	01
T** 4:00-5:00p	1/17-2/14	\$42	02
W** 5:00-6:00p	1/18-2/15	\$42	03
Sa 12:00-1:00p	1/21-2/11	\$34	04

M** 5:00-6:00p	2/27-3/19	\$34	05
T** 4:00-5:00p	2/28-3/20	\$34	06
W** 5:00-6:00p	2/29-3/21	\$34	07
Sa 12:00-1:00p	2/25-3/24*	\$34	08

**\*No Class 3/10**

M** 5:00-6:00p	4/9-4/30	\$34	09
T** 4:00-5:00p	4/10-5/1	\$34	10
W** 5:00-6:00p	4/11-5/2	\$34	11
Sa 12:00-1:00p	4/14-5/5	\$34	12

M** 5:00-6:00p	5/7-5/21	\$25	13
T** 4:00-5:00p	5/8-5/29	\$34	14
W** 5:00-6:00p	5/9-5/30	\$34	15
Sa 12:00-1:00p	5/12-6/2*	\$25	16

**\*No Class 5/26**

**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. **BHS Gymnastics Room; \*\*Class held at the Transmitter Building.++**

Activity# 141531			Sec#
TTh** 5:00-:600p	1/17-2/16	\$84	01
Sa 12:00-1:00p	1/21-2/11	\$34	02
TTh** 5:00-:600p	2/28-3/22	\$67	03
Sa 12:00-1:00p	2/25-3/24*	\$34	04

**\*No Class 3/10**

TTh** 5:00-:600p	4/10-5/3	\$67	05
Sa 12:00-1:00p	4/14-5/5	\$34	06
TTh** 5:00-:600p	5/8-5/31	\$67	07
Sa 12:00-1:00p	5/12-6/2*	\$25	08

**\*No Class 5/26**

**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. **Transmitter Building++**

Activity# 141532			Sec#
TTh 6:00-7:15p	1/17-2/16	\$92	01
TTh 6:00-7:15p	2/28-3/22	\$74	02
TTh 6:00-7:15p	4/10-5/3	\$74	03
TTh 6:00-7:15p	5/8-5/31	\$74	04

**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. **Transmitter Building++**

Activity# 141533			Sec#
MW 6:00-7:30p	1/18-2/15	\$88	01
MW 6:00-7:30p	2/27-3/21	\$78	02
MW 6:00-7:30p	4/9-5/2	\$78	03
MW 6:00-7:30p	5/7-5/30*	\$68	04

**\*No Class 5/28**

**HIGH SCHOOL GYMNASTICS**

**(Grades 8-12)** For female or male students. Class will focus on learning the basics for all the events, trampoline, stretching and conditioning. **BHS Gymnastics Room**

Activity# 141535			Sec#
TTh 3:15-4:30p	4/10-5/3	\$74	01
TTh 3:15-4:30p	5/8-5/31	\$74	02

**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 will be taught skills required for each level, and 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 rec optional, level 4 through 10 competitions. Team members will be taught skills required for each level, and are selected by ability and space availability. Additional costs are involved. Contact the gymnastics department at the Park District for more information.

**YOUTH AND TEEN PROGRAMS**

**BOYS CLASSES**

**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. BHS Gymnastics Room++**

Activity# 141512			Sec#
T 9:30-10:15a	1/17-2/14	\$32	01
T 9:30-10:15a	2/28-3/20	\$25	02
T 9:30-10:15a	4/10-5/1	\$25	03
T 9:30-10:15a	5/8-5/29	\$25	04

**BEGINNER - Boys**

For boys from grade school through high school age with little or no experience. Class will learn basic tumbling and will include an introduction to all of the boys' apparatus. **BHS Gymnastics Room++**

Activity# 141540			Sec#
MW 5:00-6:00p	1/18-2/15	\$76	01
Th 6:30-7:30p	1/19-2/16	\$42	02
MW 5:00-6:00p	2/27-3/21	\$67	03
Th 6:30-7:30p	3/1-3/22	\$34	04

MW 5:00-6:00p	4/9-5/2	\$67	05
Th 6:30-7:30p	4/12-5/3	\$34	06
MW 5:00-6:00p	5/7-5/30*	\$59	07
Th 6:30-7:30p	5/10-5/31	\$34	08

**\*No Class 5/28**

**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. **BHS Gymnastics Room++**

Activity# 141541			Sec#
MW 6:00-7:15p	1/18-2/15	\$83	01
MW 6:00-7:15p	2/27-3/21	\$74	02

MW 6:00-7:15p	4/9-5/2	\$74	03
MW 6:00-7:15p	5/7-5/30*	\$64	04

**\*No Class 5/28**

