

Bay Valley Academy

The Complete Family Center

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2019 - 2020 RECREATIONAL GYMNASTICS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<u>4:45-5:45</u> Tumble Kids Beg-Interm Age 6-9	<u>4:45-5:45</u> Tumble Kids Beg-Interm Age 5-8	<u>4:45-5:45</u> Tumble Kids Beg-Interm Age 5-8	<u>4:45-5:45</u> Tumble Kids Beg-Interm Age 5-7	<u>12:00-1:00</u> Tumble Kids Beg-Interm Age 5-7
<u>5:45-6:45</u> Tumble Kids Beg-Interm Age 5-8	<u>5:45-6:45</u> Tumble Kids Beg-Interm Age 6-9	<u>5:45-7:15</u> Advanced Age 8-12	<u>5:45-6:45</u> Tumble Kids Beg-Interm Age 6-9	
<u>6:45-7:45</u> Tumble Kids Beg-Interm Age 6-9	<u>6:45-8:15</u> Tumble Kids Advanced Age 7-12	<u>5:45-6:45</u> Tumble Kids Beg-Interm Age 8-11	<u>6:45-7:45</u> Tumble Kids Beg-Interm Age 8 & up	
<u>7:15 - 8:45</u> Tumbling Age 9 & up	<u>7:15 - 8:15</u> Boys Only Intermediate Age 6 & up	<u>6:45-7:45</u> Tumble Kids Beg-Interm Age 6-9	<u>7:15-8:45</u> Advanced Age 8 & up	
<u>7:15 - 8:45</u> Advanced Age 9 & up		<u>7:15 - 8:45</u> Advanced Age 7-12		

Tumble kids and Advanced Gymnastics Classes include Vault, Bars, Beam, Floor, Tumbl Trak, Strength, and Agility

Boy classes include Mens events, Ninja skills, Tumbl Trak, Strength, and Agility | Tumbling classes focus on tumbling skills, jumps, flexibility, and strength