



2019 Winter Recreational Classes



CLASS NAME	DESCRIPTION	COST
ADULT GYM	Drop-in classes supervised by a certified coach who is there to answer questions. No experience is needed. You can come and stretch or train on the following equipment: floor, bars, rings, trampoline etc. This is not a structured class and no spotting is provided.	\$15 per class \$120 10-pass \$250 30-pass
PARENT & TOT	Parents join their child in the gym to help develop balance, strength, and coordination. Apparatus include; bars, rings, pit, trampoline, floor equipment. Parent and Tot Drop in is also available at \$10 per class on Mondays, Wednesdays, and Fridays from 10:30-12:00pm	\$230 (Drop-In: \$10)
KINDERGYM	Children will enjoy the experience of movement and fitness while learning the basics of gymnastics. Apparatus include: rings, bars, pit, trampoline, and floor equipment.	\$280 Daytime \$230
JR YOUTH GYMNASTICS	Ages 5 & 6: This co-ed recreation program allows children to develop skills and move towards more advanced movement and skills. Apparatus include: bars, pit, floor, rings, and trampoline.	\$330
YOUTH GYMNASTICS	Ages 7+: This co-ed recreation program allows children to develop skills and move towards more advanced movement and skills. Apparatus include: bars, pit, floor, rings, and trampoline.	\$330
SPORTS SPECIFIC TRAINING	Kids just want to have fun and it is possible to show them how to enjoy exercise while improving their health and fitness. A fitness class will include the fundamentals of fitness – specific to their sport of choice.	\$280
ADVANCED BOYS	This program is designed for boys wishing to continue at a more advanced level of gymnastics training in a non-competitive format. Athletes must be accepted into this program. NOTE: trampoline use is limited.	\$380
YOUTH TUMBLING	This co-ed recreation program allows children to learn and master the basics of tumbling.	\$280
KEENER TUMBLING	This co-ed program is designed for children wishing to continue at a more advanced level of tumbling training in a non-competitive format. Athletes must be accepted into this program.	\$330
CHEER (1&2) & DANCE TUMBLING	Designed specifically for cheerleaders and dancer who are looking to perfect technique, advance their skills and build strength.	\$330
CHEER (3-5) TUMBLING	Designed specifically for cheerleaders who are looking to perfect technique, advance their skills and build strength. Level 3-5 must have confident round off 3x back handsprings.	\$330
YOUTH TRAMPOLINE	This co-ed recreation program allows children to learn and master the basics of trampoline.	\$280
YOUTH T & T	This co-ed recreation program allows children to learn and master the basics of trampoline and tumbling.	\$330
KEENER TRAMPOLINE	This co-ed program is designed for children wishing to continue at a more advanced level of trampoline training in a non-competitive format. Athletes must be accepted into this program.	\$330
LIL' NINJAS	Lil' Ninjas is the entry level to the all-new sport discipline inspired by gymnastics, martial arts, obstacle training, and freestyle movement.	\$280
NINJA TRAINING	Children learn a combination of flips, rolls, jumps, and kicks. Strength and agility are tested through obstacle courses and various training techniques. A progressive level system evaluates and advances children in their skill and knowledge of core values as described in the Ninja Zone creed. Children advance and learn at their own pace. The levels of Ninja Zone are defined by the headband colors of White, Yellow, Green, and Blue.	\$280
OPEN GYM	This drop-in program is designed for anyone 14+ who are looking for a safe and enjoyable environment to train or fine-tune their skills.	SEE ADULT GYM
YOUTH CLINICS	This drop-in program is designed for anyone 6+ who are looking to advance their trampoline and tumbling skills in a safe and enjoyable environment.	\$15 Per Class

\$35 Gymnastics Ontario Insurance Fee will be added to all Burlington BG's programs annually



2019 Winter Recreational Schedule

12 Weeks of Classes - No Class on Monday, February 18th 2019 (Family Day)



CLASS NAME	REQUIREMENTS	MONDAY JAN 14-APRIL 8	TUESDAY JAN 15-APRIL 2	WEDNESDAY JAN 16-APRIL 3	THURSDAY JAN 17-APRIL 4	FRIDAY JAN 18-APRIL 5	SATURDAY JAN 19-APRIL 6	SUNDAY JAN 20-APRIL 7
GYMNASTICS								
PARENT & TOT	18 mos. -3 yr.		4:30-5:30pm				9:30-10:30am	
KINDERGYM	2.5-4 yr.	9:30-10:30am 5:00-6:00pm	4:30-5:30pm	9:30-10:30am 5:30-6:30pm	4:30-5:30pm	9:30-10:30am 6:00-7:00pm	9:30-10:30am 10:30-11:30am 11:30-12:30pm	10:30-11:30am 11:30-12:30pm
JR YOUTH GYM	5-6 yr.			6:30-8:00pm	6:30-8:00pm			10-11:30am
YOUTH GYM	7+	5:30-7:00pm	5-6:30pm 6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	7:00-8:30pm	2:00-3:30pm	11:30-1:00pm 1:30-3:00pm
SPORTS SPECIFIC TRAINING	6+				6:45-7:45pm			
ADVANCED BOYS	Tryout Required						11:30-1:30pm	11:30-1:30pm
TUMBLING								
YOUTH TUMBLING	5+	5:00-6:00pm	5:30-6:30pm 7:30-8:30pm		5:30-6:30pm		1:45-2:45pm	10:30-11:30am 11:30-12:30pm
KEENER TUMBLING	Tryout Required		6:30-8:00pm	7:00-8:30pm			9:00-10:30am 2:30-4:00pm	
CHEER (1&2) & DANCE TUMBLING	5+					5:30-7:00pm		
CHEER (3-5) TUMBLING	(5+) 3x Back Handsprings					7:00-8:30pm		
TRAMPOLINE								
YOUTH TRAMPOLINE	5+	6:00-7:00pm	5:30-6:30pm 6:30-7:30pm	6:00-7:00pm	5:30-6:30pm	5:00-6:00pm	9:30-10:30am 1:30-2:30pm 2:45-3:45pm	10:30-11:30am
YOUTH T & T	7+		6-7:30pm		4:30-6:00pm		2:30-4:00pm	9:30-11am
KEENER TRAMPOLINE	Tryout Required		5:00-6:30pm 6:30-8:00pm	4:30-6:00pm 7:00-8:30pm	6:30-8:00pm		10:30-12:00pm	
NINJA ZONE								
LIL' NINJAS	3-4 yr.			4:30-5:30pm 5:30-6:30pm	4:30-5:30pm 5:30-6:30pm		12:30-1:30pm	12:30-1:30pm
NINJA TRAINING	5-7 yr.		5:30-6:30pm 6:30-7:30pm	6:30-7:30pm	6:00-7:00pm			12:30-1:30pm 1:30-2:30pm 2:30-3:30pm
NINJA TRAINING	8+		7:30-8:30pm	7:30-8:30pm	7:00-8:00pm		10:30-11:30am	2:30-3:30pm
NINJA TRAINING	13+						4:00-5:00pm	4:00-5:00pm
DROP-IN								
ADULT GYM	18+	8:00-10:00pm		8:00-10:00pm				
OPEN GYM	14+							6:00-8:00pm
PARENT & TOT	18 mos. -3 yr.	10:30-12:00pm		10:30-12:00pm		10:30-12:00pm		
YOUTH CLINICS	6+						12:30-1:30pm	1:30-2:30pm