




Summer 2019 Recreational Classes

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



CLASS NAME	DESCRIPTION	COST
PARENT & TOT	Parents join their child in the gym to help develop balance, strength, and coordination. Apparatus include; bars, rings, pit, trampoline, floor equipment.	\$170
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.	\$190
GENERAL YOUTH GYMNASTICS	This is a combined class of Jr and Youth gymnastics, just for the summer months! 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.	\$220
TEEN GYM	Gymnastics is not just for little kids! We want all Teenagers to be comfortable and enjoy participating regardless of ability. Come for fitness, come for fun, come for friends.	\$190
RACHEL'S CORNER	This program is designed for athletes on the spectrum who are high-functioning. This program has a 2:1 athlete to coach ratio designed to help improve athlete's gross motor skills. An intake interview will be required upon registration. 	\$190
YOUTH TUMBLING	This co-ed recreation program allows children to learn and master the basics of tumbling.	\$190
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.	\$220
CHEER TUMBLING	Designed specifically for cheerleaders who are looking to perfect technique, advance their skills and build strength.	\$220
YOUTH TRAMPOLINE	This co-ed recreation program allows children to learn and master the basics of trampoline.	\$190
YOUTH T & T	This co-ed recreation program allows children to learn and master the basics of trampoline and tumbling.	\$220
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.	\$220
LIL' NINJAS	Lil' Ninjas is the entry level to the all-new sport discipline inspired by gymnastics, martial arts, obstacle training, and freestyle movement.	\$190
NINJAZONE TRAINING (Ages 5-7) (Ages 8+)	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.	\$190
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.	\$15
ADULT GYM	This drop-in program is designed for anyone 18+ who are looking for a safe and enjoyable environment to train or fine-tune their skills.	\$15

Summer 2019 Recreational Schedule

Classes will be running on Monday August 5th (Civic Holiday).
If you are unable to attend please schedule a make-up class
through rec@burlingtonbgs.com.

CLASS NAME	REQUIREMENTS	SUNDAY July 7 - August 25	MONDAY July 8 – August 26	TUESDAY July 2 – August 20	WEDNESDAY July 3 – August 21
GYMNASTICS CLASSES					
Parent & TOT	18mo-2.5yrs		5:00-6:00 pm		
Kinder Gym	2.5-4.5yrs		5:00-6:00 pm		6:30-7:30 pm
General Youth Gymnastics	5+		7:00-8:30 pm	6:30-8:00 pm	5:00-6:30 pm
Teen Gym	13+				7:30-8:30 pm
Rachel's Corner	5+ Interview Required		Schedule based on participants	Schedule based on participants	Schedule based on participants
TUMBLING CLASSES					
Youth Tumbling	5+		6:00-7:00 pm		
Keener Tumbling	Tryout Required		6:00-7:30 pm		
Cheer Tumbling	5+			7:00-8:30 pm	
TRAMPOLINE CLASSES					
Youth Trampoline	5+		7:30-8:30 pm	5:30-6:30 pm	6:30-7:30 pm
Youth T & T	5+				5:00-6:30 pm
Keener Trampoline	Tryout Required		6:30-8:00 pm		
NINJA ZONE CLASSES					
Lil' NINJA ZONE	3-4yrs			5:00-6:00 pm	
NINJA ZONE Training (5-7)	5-7yrs		5:00-6:00 pm	6:00-7:00 pm	
NINJA ZONE Training 8+	8+				7:30-8:30 pm
DROP-IN CLASSES					
Open Gym	14+	6:00-8:00 pm			
Adult Gym	18+		8:00-10:00 pm		8:00-10:00 pm