

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Drop-in 1-9yrs 10:00-11:00am		Open for School Classes	Drop-in 1-9yrs 10:00-11:00 am	Flip-a-saurs 9:30-10:30 am
		Flip-a-saurs 11:15-12:15pm			Tumbleleemies 11:15-12:00 am	Tumbleleemies 9:45-10:30 am
Family Drop-in 10:00-12:00		Tumbleleemies 11:15-12:00pm			Flip-a-saurs 11:15-12:15pm	Rec My Day 10:45-12:15 pm
From October 8 - February 25 \$10 / Person						Acro Class 10:45-12:15pm
	Trampoline &Tumbling 3:30-5:00 pm		Competitive Development Team 3:30-5:30 pm			Open for Birthday Parties Call for info/cost
Birthday Parties	Rec My Day 3:30-5:00 pm	Competitive Team 3:30-6:30 pm	Rec My Day 3:30-5:00 pm	Competitive Team 3:30-6:30 pm	Flip-a-saurs 3:30-4:30pm	
	Flip-a-saurs 5:00-6:00 pm Tumbleleemies 5:15-6:00 pm	Interclub Performance Team	Rec My Day 5:00-6:30 pm	Interclub Performance Team	Tumbleleemies 3:45-4:30 pm	
	High School + Teen Drop-in 6:00-7:30 pm		Trampoline & Tumbling 5:00-6:30 pm		Rec My Day 4:30-6:00 pm Flip-a-saurs 5:00-6:00 pm	

Tumbleleemies Ages 1, 2 and 3
A fun-filled program designed specifically for your tot. Lots of gym games while teaching your child basic gymnastics moves, introducing them to a variety of gymnastics equipment. Parent participation required.
45 minutes Boys and Girls

Flip-a-saurs Ages 4 and 5
A program designed through fun oriented gymnastics activities that develop basic movement and co-ordination using a variety of locomotion, balancing, rolling, jumping and swinging skills.
1 hour Boys and Girls

Rec My Day Ages 6 and Older
This program emphasizes the fundamentals of gymnastics in a fun and safe environment. Skills will be taught on bars, vault, beam, trampoline floor and rings using a progressive evaluation system. 1.5 hours Boys and Girls

Teen and High School Drop-in(12+)
Semi structured, come and join the fun using all the equipment in the gym.

Drop In Ages up to 9
A time for your tot to explore! Come in to discover the gym and try out gymnastics. Qualified and enthusiastic coaches are ready to teach and assist with this Structure-free time. Also great for those already in classes who would like a little more Gymnastics time.

Trampoline and Tumbling (T & T) Ages 6 and Older
Follows the CanJump Program. Athletes progress through 6 levels of training on both the trampoline and on the floor increasing strength and flexibility.

Acro Ages 6 and Older
Learn skills to compliment your dance.

We believe that Gymnastics is an ideal foundation for all sports and develops skills to promote an active, healthy lifestyle. Gymnastics focuses on balance, agility, co-ordination, flexibility and strength, and can be enjoyed at any age and at any level.

\$35.00 BCGA annual membership/insurance fee

Rec My Day / T & T / Acro \$245/12 weeks +tax
 Flip-a-saurs \$175/12 weeks +tax
 Tumbleleemies \$125/12 weeks +tax
 Birthday Parties \$160/8 kids +tax
 Drop-in Ages up to – 9 years \$5.00/visit includes tax
 Family Drop-in \$10.00/visit includes tax
 Teen/High School Drop-in 12yrs + \$10.00/visit includes tax

Payment Options:

- Personal Cheque
 - Made Payable to: Springers Gymnastics
 - Cash - Master Card - Visa
 Payment to be made in full, OR 3 cheques
 A \$30 service charge applicable for all NSF cheques.

NOTE; NO REFUNDS WILL BE GRANTED AFTER SECOND WEEK OF CLASSES