





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Flip-a-saurs 10:00-11:00am	Tumbleleemies 10:00-10:45 am	Open for School Classes	Drop-in 2-6yrs 10:00-11:00 am	Tumbleleemies 9:45-10:30 am
	Tumbleleemies 11:00-11:45am	Drop-in 2-6yrs 11:15-12:15pm	Flip-a-saurs 11:00-12:00 am		Tumbleleemies 11:15-12:00 am	Flip-a-saurs 10:45-11:45 am
	Flip-a-saurs 12:00-1:00 pm	Tumbleleemies 12:30-1:15 pm	Flip-a-saurs 12:15-1:15 pm		Flip-a-saurs 12:15-1:15 pm	Rec My Day 12:00-1:30 pm Boys and Girls
						Open for Birthday Parties
Birthday Parties		Competitive Team 3:30-6:30 pm		Competitive Team 3:30-6:30 pm		Open for Birthday Parties Call for info/cost
Extra Training	Rec My Day 3:30-5:00 pm	Rec My Day 3:30-5:00 pm	Rec My Day 3:30-5:00 pm		Rec My Day 3:30-5:00 pm	
	Rec My Day 5:00-6:30 pm	Flip-a-saurs 5:30-6:30 pm	Flip-a-saurs 5:30-6:30 pm	Flip-a-saurs 5:30-6:30 pm	Flip-a-saurs 5:30-6:30 pm	
	High School + Teen Drop-in 6:30-8:00 pm	Rec My Day 5:30-7:00 pm	Tumbleleemies 5:30-6:15 pm	Tumbleleemies 5:30-6:15 pm	Tumbleleemies 5:30-6:15 pm	

Tumbleleemies **Ages 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(13+)
Semi structured, come and join the fun using all the equipment in the gym.

Drop In **Ages up to 6**
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.

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

FEES:

\$20 BCGA annual membership/insurance fee for new members

Rec My Day \$185/12 weeks +HST
Flip-a-saurs \$125/12 weeks +HST
Tumbleleemies \$100/12 weeks +HST
Birthday Parties \$79/8 kids +HST
Drop-in Ages up to – 6 yrs \$ 5.00/visit includes HST
Teen/High School Drop-in 13yrs+ \$10.00/visit includes HST

Payment Options:

- Personal Cheque
 - Made Payable to: Gymnastics Adventures
 - Cash - MasterCard - Visa
 - For "Kids Sport" funding, apply at the Penticton Community Centre
- Payment to be made in full, OR two cheques
A \$30 service charge applicable for all NSF cheques.
NO REFUNDS WILL BE GRANTED AFTER SECOND WEEK OF CLASSES