

# BGC PROGRAM OPPORTUNITIES

## Recreational gymnastics classes

### 3 - 10 week sessions offered throughout the year

**Tumble Together** (*Boys and girls ages 1.5 - 5*): Got a little boy or girl ready for gymnastics class, but would prefer that a parent or caregiver stay close to provide support? Have a little one with unique needs that needs a trusted adult nearby? We get it! In this class a trusted caregiver provides support for your little one! (Parent/Caregiver support MUST be provided during each class.)

**Little Leapers** (*Boys and girls ages 3 - 5*): An engaging, safe environment for gross motor exploration for young, independent learners

**FUNdamentals** (*Girls ages 5 - 8*): Learn the basics in a constant motion format

**BoyZone** (*Boys Ages 5 - 8*): Have fun. Build endurance. Get stronger. Leave sweaty.

**Tramp and Tumble** (*Boys and Girls Ages 6 - 9*): Focus on foundational tramp and tumbling skills

**GymJam** (*Girls ages 8 - 12*): Gymnastics fun, overall fitness, and friendships for tweens

**Training Team** (*Girls ages 4 - 7*): Advanced recreational class. Must have participated or received an invitation to participate in training team or team gymnastics prior to registration.

**GymFit Homeschool** (*Boys and girls ages 5 - 12*): Physical activity and friendships at the end your homeschool week

**Spirit Stars** (*Girls grades 3 - 6*): A partnership with the Fergus Falls Area Youth Football Association designed to foster friendships, confidence and community engagement

**GymKidz** (*Boys and girls - ages vary*): Single day or multi-day classes designed purely for joy and include a wide variety of activities throughout the gym

**HS Off Season Training** (*Girls grades 7 - 12*): For any athlete grade 7+ who wishes to participate in gymnastics outside of the competitive season

**\*Not all classes offered at all times\***

## Single day events

Use the **BGC Events calendar** at [balancegymnasticscenter.com](http://balancegymnasticscenter.com) to see all available dates.

**Jump, Run, Explore Open Gym** (*Ages 2 - 12*): Family friendly, caregiver supervised, open gym time! No pre-registration required.

**Day of Play**: Check our events calendar on the website for dates throughout the year with additional caregiver supervised open gym time sessions.

**BGC Birthday Party**: Celebrate with us! Party options available September - May. More info at [www.balancegymnasticscenter.com](http://www.balancegymnasticscenter.com).

## Looking for more?

BGC offers year round training options based on experience and ability that start each June for girls wishing to participate in a pre-competitive or competitive team training environment. Participation is by invitation only based on performance in our recreational programs. Team programs include:

**Powergym** (*Girls ages 3 - 9*): Once weekly non-competitive, pre- team program

**Balance Brigade** (*Girls ages 5 - 12*): Twice weekly non-competitive, team program

**BGC Xcel Team** (*Girls ages 6 - 18*): A competitive team program for our most dedicated athletes.

***BGC is the proud training center for ISD 544's Otters Gymnastics Team!***