



Classes 2014-15

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www.BIOgymnastics.com

From parent assisted through competitive team, there is a place for both boys and girls at BIO. Our classes are an excellent way to introduce children to being fit and having fun at the same time, while building confidence and self-esteem and improving coordination and flexibility. We focus on developing the entire child in body, mind and spirit!

Big Bear/Little Bear - parent assisted (18 mo-2 yrs) - This is an introduction to group structure and being around other children. Parent's play a vital role in providing their child the security to explore this new world of movement concepts and obstacle course.

Little Bears - non-assisted (2-3 yrs) - Classes designed for both boys and girls who are able to separate from their parents and enjoy the independence of learning gymnastics skills under the direction of a coach.

BIO Bears (3-4 yrs) - Traditional equipment is modified to meet the needs of the "preschool gymnasts." Obstacle courses are used to teach basic skills to allow experimentation with new found capabilities and help build the coordination necessary for future physical and academic success.

Walking Owls (Ages 4&Up) - Children who have never taken a gymnastics class will enjoy this introduction to the sport. They will develop strength, flexibility, coordination and self confidence through the mastery of fundamental gymnastics skills, taught as a progression of skills at BIO.

Twirling Owls (Ages 5&Up) - These level 1 classes are for children who may have previous experience in gymnastics. Advancement from one level to the next is based on the guidelines set by USA Gymnastics. Evaluations are done on a regular basis to determine advancement.

Flying Owls (Ages 5&Up) - These level 2 classes are for those children who have been evaluated by the instructor and are ready to move to this more advanced level.

Soaring Owls (Ages 6&Up) - These level 3 classes are for those that have advanced through the Owls program and have been evaluated by an instructor.

GymStars - Gymnasts at this level are eligible to compete at local meets - these meets are an introduction to the full competitive team.

Tumbling (Ages 7&Up) - Children in this class will focus on both basic and advanced tumbling skills, including round offs, back handspring, back tucks. This class is for both boys and girls and is excellent for those wanting to devote time specifically to tumbling, as well as those interested in cheer.

High School Gymnastics (8th-12th grade) - High school girls will learn skills necessary to compete for their high school team based on guidelines set by GHSA (Georgia High School Association).

Competitive Team (Ages 5&Up) - Competitive teams will work to learn routines, both compulsory and optional and perform them at meets through the state. There are different levels of competition through USA Gymnastics and AAU Sports. Gymnasts must be evaluated by a coach for placement. (Class times and days vary by level).

BIO Fit for Adults - A unique fitness formula that combines boot camp, circuit training and pilates.

Home School P.E. Join us for a full-fledged physical education curriculum! More than just an open gym or opportunity to play, it's a structured environment where your child will not only be physically active, but learn the basics in a variety of sports. Classes will include: kickball, dodge ball, cardio training and more. Each class will be broken into smaller groups based on age.

Pee Wee Tennis - Our pee wee tennis is geared toward children 4 - 8 years old. Using a smaller net and court set up, children are able to see where the ball is coming from and not be intimidated by the size of the court.

After School Care - BIO offers after school care that includes pick up from school and fun activities in the afternoon, along with snack and homework time for a very reasonable price.

Special Needs One on One - Specializing in teaching developmentally delayed children, our staff offers one-on-one sessions with a potential to be mainstreamed into a traditional class.

2014-2015 Fall Schedule

Class	Ages	Day	Time	Instructor	Price
Big Bear-Little Bear Adult Assistant	Toddler Walking	Tues.	10:45-11:15	Miss Renee	\$37
Little Bears	2-3	Wed.	10:30-11:15	Miss Donna	\$42
		Wed.	11:15-12:00	Miss Donna	\$42
BIO Bears	3-4	Tues	10:00-10:45	Miss Renee	\$42
	3-4	Wed	5:00-5:45	Miss Renee	\$42
	3-4	Thurs	10:00-10:45	Miss Renee	\$42
Walking Owls-Intro	3-5	Tues	3:30-4:30	Miss Melinda	\$48
	4-6	Tues	5:30-6:30	Miss Melinda	\$48
	5-8	Thurs	4:00-5:00		\$48
Twirling Owls-Level 1	6-9	Tues	4:30-5:30	Miss Melinda	\$48
	6-11	Thurs.	5:00-6:00	Miss	\$48
Flying Owls- Level 2	All	Tues.	5:00-6:00	Miss Velera	\$48
Gym Stars- Intro Team Home School	All	Mon.	12:00-2:00	Miss Renee/Velera	\$95 for both days
	All	Thurs	10:00-12:00	Miss Renee/Velera	
Gym Stars- Intro Team	All	Tues.	4:00-6:00	Miss Renee/Velera & Miss Becca	\$95 for both days
	All	Thurs.	4:00-6:00		
Beginning Tumbling	5+	Tues.	4:00-5:00	Mr Kevin	\$48
	6+	Wed.	5:00-6:00	Miss Becca	\$48
	6+	Thurs.	4:30-5:30	Mr Kevin	\$48
Intermediate Tumbling	All	Tues.	7:00-8:00	Mr. Kevin	\$48
	All	Thurs.	7:00-8:00	Mr. Kevin	\$48
Home School PE 6 Week Session	5-12 Boy only	Tues	12:30-2:00	Miss Renee	\$55 - 1 st child
	5-12	Wed.	10:30-12:00	Miss Renee	\$45 - 2 nd child
	5-12	Thurs.	12:30-2:00	Miss Renee	\$40 - 3 rd child
Pee Wee Tennis Tom Cat Tennis	4-10	Wed.	12:00-1:00	Miss Renee	\$48
	4-10	Wed	3:45-4:45	Miss Renee	\$48
High School Gym	8 th -12 th	Tues	5:30-7:30	Miss Becca	\$55 for 1 day
		Thurs	5:30-7:30	Miss Becca	\$95 for 2 days
Boys Gym	6-9	Mon.	5:30-6:30	Mr Kevin	\$48
	4-7	Wed.	4:00-5:00	Mr Kevin	\$48
	7-10	Wed	5:00-6:00	Mr Kevin	\$48
BIO Fit for Adults	16+	Tues	6:00-7:00	Miss Renee	See office
	16+	Wed.	6:00-7:00	Miss Renee	
Special Needs- One on One		Varies	Schedule in Office	Mr Kevin	

New classes forming as needed. If there is a time that is not listed which you are interested in, please contact our office at 770-844-0246