



Bahamas Star Gymnastics

Open to
4-16
YEAR OLDS
Girls Only

Doors open
at 8:15am &
class session
starts at
9:00am

\$105- MORNING
SESSIONS

\$55- AFTERNOON
SESSIONS

Certified
Coaches &
air-conditioned
facility.

Summer CAMP

Ways to
contact us



Bahamas Star Gymnastics 819-STAR [7827] bsg.gymstars



CHRISTIAN LIFE CENTRE JFK DRIVE (WEST OF BAHAMAS RED CROSS HEADQUARTERS)

*Sign up
today!*



Format & Pricing

Morning Sessions: Gymnastics (ONLY)

9AM-1PM Daily (Except Holidays)

Week 1

Jun 23
to Jun 27

\$105

Week 2

Jun 30
to Jul 4

\$105

Week 3

Jul -07
to Jul 11

\$84

Week 4

Jul 14
to Jul 18

\$105

Week 5

Jul 21
to Jul 25

\$105

Week 6

Jul 28
to Aug 1

\$105

Week 7

Aug 05
to Aug 8

\$84

Afternoon Sessions: CHOOSE ONE

1PM-3PM Daily (Except Holidays)

Week 1

Jun 23
to Jun 27

\$55

Week 2

Jun 30
to Jul 4

\$55

Week 3

Jul -07
to Jul 11

\$44

Week 4

Jul 14
to Jul 18

\$55

Week 5

Jul 21
to Jul 25

\$55

Week 6

Jul 28
to Aug 1

\$55

Week 7

Aug 05
to Aug 8

\$44

**Select either morning session, afternoon session
or both sessions.**



SESSIONS EXPLAINED

Morning Sessions (9AM to 1PM at \$105 per week)

**Training on four Olympic Standard Equipment: Vault,
Uneven Bars, Balance Beam & Floor Exercise.
Instruction in ballet and modern/ contemporary dance
is also included.**

Afternoon Sessions (1PM to 3PM at \$55 per week)

Art Instruction



LUNCH & SNACK OPTIONS

Lunch Program

A vendor will deliver lunch daily at a cost.

- We also recommend packing a healthy lunch & snacks as an alternative.
- A price list will be issued for lunch items which must be paid for in advance via bank transfer or cash.

Snack Program

An inventory of water, sports drinks & healthy snacks will be on sale. Cost of lunch will be issued separately. No peanuts.

A \$5 minimum account funding is recommended. Weekly statements will be issued to track purchases and balance of account.



HOW TO REGISTER FOR SUMMER

STEP ONE

Complete ONE or BOTH online registration forms as applicable.

SUMMER CAMP MORNING SESSION FORM

<https://forms.gle/ZAPSyLRGuNFmv5Aw6>

AFTERNOON ACTIVITY FORM

<https://forms.gle/e8T3RX66iBgnK6kw6>



HOW TO REGISTER FOR SUMMER

STEP TWO

Calculate Your Fees

There are two components to the fee charged.

1. Registration Fee- There are three categories for registration fee.

New Gymnast (Attending for the first time) **\$25**

Gymnast returning from previous summer camp. **\$15**

Gymnast who attended regular sessions (Sept 2024- Jun 2025) **\$10**

2. Tuition Fee- This fee is a weekly fee.

Morning sessions **\$105 per week**

Afternoon sessions **\$55 per week**

Both Sessions **\$160 per week**

PLEASE SEE PAGE 2 FOR FEE SCHEDULE

Note: All fees must be paid two business days before class attendance ie. payment by Thursday for classes commencing on Monday



HOW TO REGISTER FOR SUMMER

STEP THREE

Payment: \$25.00 NON- REFUNDABLE deposit is required to reserve space. Due before the first class attendance.

**PAYMENTS ARE ACCEPTED ONLINE OR IN-PERSON AT COMMONWEALTH BANK ONLY AND VIA
ONLINE TRANSFER TO EITHER BANK WITH DETAILS BELOW.**

BANK	Commonwealth Bank	Royal Bank of Canada (RBC)
BANK BRANCH	Cable Beach	Cable Beach
BRANCH CODE	21107	5135
ACCOUNT NAME	Bahamas Star Gymnastics	Bahamas Star Gymnastics
ACCOUNT TYPE:	Checking	Checking
ACCOUNT NUMBER	705 4069	241 6261

**Proof of payment with the gymnast's name attached must be sent via email or Whatsapp.
Email: bah.star.gym@gmail.com WhatsApp: (242) 819-7827**



PREPARING FOR GYM CLASS



What to wear

Leotard or fitted shirt with biker shorts.
Push-in-style footwear, such as slides or crocs.



What not to wear



Pants with buttons or zippers; Leotards or clothing with tutus or skirt attachments; beads or hair ornaments (bubbles, hair pins, etc); tennis-laced shoes.



PREPARING FOR GYM CLASS



What to pack



Water bottle with sufficient water for class sessions. Fruits or healthy snacks. If water is provided, \$1.00 will be charged to the account.

What not to pack



Chips, cookies or other junk foods (Not permitted to be consumed on premises.) Snacks containing peanuts.



FUELING THE BODY

- For athletes of any sport, caring for the body is top priority along with the right type of training.
- The body is the engine which needs the right fuel to be injected.
- We therefore recommend a food plan with high levels of green vegetables and low amounts of sugar as components of putting in the best fuel.
- We also recommend lots of water to replace sugary/sweet drinks where possible.
- Junk food and fast foods are banned on premises of the gym and we encourage minimal or no consumption outside of the gym.
- When packing snacks we recommend fruits, vegetables, protein bars, trail mixes & similar healthy options.

Due to nut allergy of some gymnasts, nuts & products containing nuts are banned.



MAINTAINING THE BODY

- Sufficient sleep (minimum of 8 hours daily) for growing athletes.
- We recommend that good hygiene practices are followed.
- We recommend that leotards are cared for following proper washing instructions & after each use.



THANK YOU

**We look forward to meeting
you and your gymnast!**

Let's get social!



bsg.gymstars



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