

# Why Burlington Gymnastics Club?

Burlington Gymnastics Club has had a deep history in the Burlington and surrounding community and is celebrating their 50<sup>th</sup> anniversary this season. We offer programs to participants from 8 months to teen and adult classes. With instruction in both artistic and rhythmic gymnastics, our club registration ranks with some of the largest gymnastics clubs in Canada.

Our competitive program has experienced unparalleled success in the past and continues to provide excellent instruction for girls at all levels. We boast one of the largest and most successful provincial programs in Ontario and are home to both provincial and national champions in artistic and rhythmic gymnastics. Many athletes have trained within our program and received NCAA scholarships.

BGC coaches provide a supportive environment for athletes to achieve their greatest goals and fly higher than they ever thought possible. We are home to many provincial and national coaches who have received numerous honours through the Ontario Gymnastics Federation. All staff are educated through the National Coaching Certification Program and have current First Aid and Risk Management training.

Gymnastics helps girls develop the following physical qualities:

- Strength
- Flexibility
- Coordination
- Endurance

Gymnastics helps girls develop the following mental qualities:

- Confidence
- Independence
- Determination
- Goal-setting

Gymnastics offers the beginnings of physical fitness necessary for all sports. Girls have the opportunity to develop coordination while gaining strength and experiencing the benefits of physical fitness. The combination of conditioning, flexibility, and strength training is the perfect balance for girls looking for a fun way to maintain fitness.

Within the fun and energetic gym environment, girls are encouraged to challenge themselves constantly, reaching new heights and setting achievable goals. We find the girls take the discipline they have learned in the gym and carry it with them in their lives. You will find your daughter's time management skills, self-esteem, and confidence will flourish once they are involved in gymnastics.



710 Maple Ave. / 4373 Mainway, Burlington, ON  
906 637 5774 / 905 335 1765