



BAHAMAS STAR GYMNASTICS

4-16
YEAR OLDS

Doors open
at 8:15am
Class
session
starts at
9:00am.

Connect
with us!



bsg.gymstars



Bahamas Star Gymnastics



bah.star.gym@gmail.com



Christian Life Centre JFK DRIVE (West of Bahamas Red Cross Headquarters)

MORNING
SESSIONS

\$105

AFTERNOON
SESSIONS

\$55

Certified
Coaches &
air-conditioned
facility.

Summer Camp

June 29th 2026 - August 14th 2026 (7 Weeks)

819-STAR (7827)



FORMAT & PRICING

Morning Sessions: Gymnastics (ONLY)

9AM-1PM Daily (Except Holidays)

Week 1

Jun 29th
to Aug 3rd

\$105

Week 2

Jul 6th
to Jul 9th

\$84

Week 3

Jul 13th
to Jul 17th

\$105

Week 4

Jul 20th
to Jul 24th

\$105

Week 5

Jul 27th
to Jul 31st

\$105

Week 6

Aug 3rd
to Aug 7th

\$84

Week 7

Aug 10th
to Aug 14th

\$105

Afternoon Sessions: CHOOSE ONE

1PM-3PM Daily (Except Holidays)

Week 1

Jun 29th
to Aug 3rd

\$55

Week 2

Jul 6th
to Jul 9th

\$44

Week 3

Jul 13th
to Jul 17th

\$55

Week 4

Jul 20th
to Jul 24th

\$55

Week 5

Jul 27th
to Jul 31st

\$55

Week 6

Aug 3rd
to Aug 7th

\$44

Week 7

Aug 10th
to Aug 14th

\$55

**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.



STEPS TO REGISTER

STEP ONE:

Complete ONE or BOTH online registration forms as applicable.

SUMMER CAMP MORNING SESSION FORM

AFTERNOON ACTIVITY FORM





STEPS TO REGISTER

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)

Gymnast returning from previous summer camp.

Gymnast who attended regular sessions

(Sept 2025- Jun 2026)

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 SESSIONS

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 CLASSES



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 CLASSES

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!



Connect with us!



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