



# Fall 2019 Recreational Classes



\$35 Gymnastics Ontario Insurance Fee will be added to all programs once per athlete per year.

**13 WEEKS OF CLASSES**

CLASS NAME	REQUIREMENTS	MONDAY Sept 9-Dec 9 No Class Oct. 14	TUESDAY Sept 10-Dec 3	WEDNESDAY Sept 11- Dec 4	THURSDAY Sept 12-Dec 12 No Class Oct.31	FRIDAY Sept 13 Dec 6	SATURDAY Sept 14- Dec 7	SUNDAY Sept 15-Dec 8
<b>GYMNASTICS</b>								
Parent & TOT	18mo-2.5yrs						9:30-10:30 am	11:30-12:30 am 12:30-1:30 pm
Kinder Gym	2.5-4.5yrs	9:30-10:30 am 5:00-6:00 pm	9:30-10:30	9:30-10:30 am			9:30-10:30 am 11:30-12:30 am	10:30-11:30 am 1:45-2:45 pm
Jr. Youth Gymnastics	5-6yrs			5:00-6:30 pm	5:00-6:30 pm		1:30-3:00 pm	10:30 am-12:00pm
Youth Gymnastics	7+			6:30-8:00 pm	6:30-8:00 pm		10:30-12:00 pm	9:00-10:30 am
Advanced Boys	Trial Required							9:00-11:00 am
Teen Gym	13+						3:30-4:30 pm	
Rachel's Corner	5+ interview required					5:30-6:15 pm	3:15-4:00 pm	
<b>TUMBLING</b>								
Youth Tumbling	5+		7:30-8:30 pm		4:30-5:30 pm		1:00-2:00 pm	9:00-10:00 am
Keener Tumbling	Trial Required	6:30-8:00 pm	6:00-7:30 pm	5:00-6:30 pm 6:30-8:00 pm			9:00-10:30 am	
Cheer Tumbling	5+						2:30-3:30 pm	11:00-12:00 pm
<b>TRAMPOLINE</b>								
Youth Trampoline	5+	6:00-7:00 pm	5:00-6:00 pm		5:30-6:30 pm	7:00-8:00 pm	1:30-2:30 pm	9:30-10:30 am 10:30-11:30 pm
Youth T & T	5+	6:15-7:45pm					12:00-1:30 pm	
Keener Trampoline	Trial Required			6:30-8:00 pm	6:30-8:00 pm	5:30-7:00 pm	10:30-12:00 pm	
<b>NINJA ZONE</b>								
Lil' NINJA ZONE	3-4yrs	6:30-7:30 pm	5:00-6:00 pm	4:30-5:30 pm	5:00-6:00 pm	4:30-5:30 pm	10:30-11:30 am 2:30-3:30 pm	9:30-10:30 am 12:00-1:00 pm
NINJA ZONE Training (5-7)	5-7yrs	6:00-7:00 pm	6:00-7:00 pm	5:30-6:30 pm 6:30-7:30 pm	5:30-6:30 pm 6:30-7:30 pm	6:15-7:15 pm	10:30-11:30 pm 12:30-1:30 pm	11:30-12:30 pm 1:00-2:00 pm
NINJA ZONE Training 8+	8+		7:00-8:00 pm	7:30-8:30 pm	6:00-7:00 pm 7:00-8:00 pm		11:30-12:30 pm 1:30-2:30 pm	10:00-11:00 am 12:00-1:00 pm
<b>DROP-IN</b>								
Open Gym Drop-In	14+	8:00-10:00 pm		8:00-10:00 pm				6:00-8:00 pm
Parent & Tot Drop-In	18mo-5yrs	10:30 am-12:00 pm	10:30-12:00pm	10:30 am-12:00 pm				



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CLASS NAME	CLASS DESCRIPTION	COST
<b>PARENT &amp; TOT</b>	Parents join their child in the gym to help develop balance, strength, and coordination. Apparatus include; bars, rings, pit, trampoline, floor equipment. Parent and Tot Drop in is also available at \$10 per class on Mondays and Wednesdays from 10:30-12:00pm.	\$275
<b>KINDERGYM</b>	Children will enjoy the experience of movement and fitness while learning the basics of gymnastics. Apparatus include rings, bars, pit, trampoline, and floor equipment.	\$325 Daytime \$300
<b>JR YOUTH GYMNASTICS</b>	Ages 5 & 6: This co-ed recreation program allows children to develop skills and move towards more advanced movement and skills. Apparatus include bars, pit, floor, rings, and trampoline.	\$375
<b>YOUTH GYMNASTICS</b>	Ages 7+: This co-ed recreation program allows children to develop skills and move towards more advanced movement and skills. Apparatus include bars, pit, floor, rings, and trampoline.	\$375
<b>ADVANCED BOYS</b>	This program is designed for boys wishing to continue at a more advanced level of gymnastics training in a non-competitive format. Athletes must be accepted into this program. NOTE: trampoline use is limited.	\$425
<b>TEEN GYM</b>	This co-ed recreation program allows teens to develop skills and move towards more advanced movement and skills. Apparatus include bars, pit, floor, rings, and trampoline.	\$325
<b>RACHEL'S CORNER</b>	This program is designed for athletes on the spectrum who are high functioning. This program has a 2:1 athlete to coach ratio designed to help improve athlete's gross motor skills. An intake interview will be required upon registration.	\$325
<b>YOUTH TUMBLING</b>	This co-ed recreation program allows children to learn and master the basics of tumbling.	\$325
<b>KEENER TUMBLING</b>	This co-ed program is designed for children wishing to continue at a more advanced level of tumbling training in a non-competitive format. Athletes must be accepted into this program.	\$375
<b>CHEER TUMBLING</b>	Designed specifically for cheerleaders who are looking to perfect technique, advance their skills and build strength.	\$375
<b>YOUTH TRAMPOLINE</b>	This co-ed recreation program allows children to learn and master the basics of trampoline.	\$325
<b>YOUTH T &amp; T</b>	This co-ed recreation program allows children to learn and master the basics of trampoline and tumbling.	\$375
<b>KEENER TRAMPOLINE</b>	This co-ed program is designed for children wishing to continue at a more advanced level of trampoline training in a non-competitive format. Athletes must be accepted into this program.	\$375
<b>LIL' NINJAS</b>	Lil' Ninjas is the entry level to the all-new sport discipline inspired by gymnastics, martial arts, obstacle training, and freestyle movement.	\$325
<b>NINJA TRAINING</b>	Children learn a combination of flips, rolls, jumps, and kicks. Strength and agility are tested through obstacle courses and various training techniques. A progressive level system evaluates and advances children in their skill and knowledge of core values as described in the Ninja Zone creed. Children advance and learn at their own pace. The levels of Ninja Zone are defined by the headband colors of White, Yellow, Green, and Blue.	\$325



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**OPEN GYM  
DROP-IN**

This drop-in program is designed for anyone 14+ who are looking for a safe and enjoyable environment to train or fine-tune their skills. (Now combined with Adult Gym)

\$15