



Burlington T&T 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
GYMNASTICS								
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 4:30-5:30 pm			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	2:15-3:00 pm	
TUMBLING								
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
TRAMPOLINE								
Youth Trampoline	5+	6:30-7:30 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+						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	
NINJA ZONE								
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
DROP-IN								
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
PARENT & TOT	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
KINDERGYM	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
JR YOUTH GYMNASTICS	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
YOUTH GYMNASTICS	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
ADVANCED BOYS	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
TEEN GYM	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
RACHEL'S CORNER	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
YOUTH TUMBLING	This co-ed recreation program allows children to learn and master the basics of tumbling.	\$325
KEENER TUMBLING	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
CHEER TUMBLING	Designed specifically for cheerleaders who are looking to perfect technique, advance their skills and build strength.	\$375
YOUTH TRAMPOLINE	This co-ed recreation program allows children to learn and master the basics of trampoline.	\$325
YOUTH T & T	This co-ed recreation program allows children to learn and master the basics of trampoline and tumbling.	\$375
KEENER TRAMPOLINE	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
LIL' NINJAS	Lil' Ninjas is the entry level to the all-new sport discipline inspired by gymnastics, martial arts, obstacle training, and freestyle movement.	\$325
NINJA TRAINING	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
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.	\$15