



# Burlington T&T Winter 2020 Recreational Classes



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

CLASS NAME	PREREQUISITE	MONDAY Jan 6-April 6	TUESDAY Jan 7- April 7	WEDNESDAY Jan 8- April 8	THURSDAY Jan 9- April 9	FRIDAY Jan 10- April 17	SATURDAY Jan 11- April 18	SUNDAY Jan 12-April 19
<b>GYMNASTICS</b>								
Parent & TOT	18mo-2.5yrs						9:30-10:30AM	9:30-10:30AM
Kinder Gym	2.5-4.5yrs	9:30-10:30AM	9:30-10:30AM 5:30-6:30PM	9:30-10:30AM 5:45-6:45PM	4:30-5:30PM		9:30-10:30AM	9:30-10:30AM
Jr. Youth Gymnastics	5-6yrs				5:15-6:45PM		12:15-1:45PM	10:30-12:00PM
Youth Gymnastics	7+		6:30-8:00PM	6:45-8:15PM	6:45-8:15PM		11:30-1:00PM	11:30-1:00PM
Gym Boys	5+							9:00-11:00AM
Teen Gym	13+						3:00-4:00PM	
Rachel's Corner	5+ Interview Required					5:00-5:45PM	1:45-2:30PM	
<b>TUMBLING</b>								
Youth Tumbling	5+	6:30-7:30PM		7:00-8:00PM	6:15-7:15PM	5:45-6:45PM	1:00-2:00PM	10:30-11:30PM
Keener Tumbling	Trial Required	6:30-8:00PM	6:00-7:30PM	5:00-6:30PM 6:30-8:00PM			10:30-12:00PM	
Cheer Tumbling	5+							11:00-12:00PM
<b>TRAMPOLINE</b>								
Youth Trampoline	5+	5:00-6:00PM	5:00-6:00PM		5:30-6:30PM	6:00-7:00PM	1:45-2:45 PM	9:30-10:30PM
Youth T & T	5+			4:30-6:00PM			12:00-1:30PM	
Keener Trampoline	Trial Required			4:30-6:00PM 6:30-8:00PM	6:30-8:00PM		10:30-12:00PM	
<b>NINJA ZONE</b>								
Lil' NINJA ZONE	3-4yrs		4:30-5:30PM	4:30-5:30PM	4:30-5:30PM 5:15-6:15PM	5:00-6:00PM	9:30-10:30 AM 10:30-11:30 AM 12:45-1:45 PM	9:00-10:00AM 10:30-11:30AM
NINJA ZONE Training (5-7)	5-7yrs	6:00-7:00PM	5:30-6:30PM 6:30-7:30PM	5:30-6:30PM 6:30-7:30PM	5:30-6:30PM 6:30-7:30PM	6:00-7:00PM	10:30-11:30 AM 2:00-3:00 PM	10:00-11:00AM 11:30-12:30PM
NINJA ZONE Training 8+	8+		7:30-8:30PM	6:00-7:00PM 7:30-8:30PM	7:30-8:30PM		11:45-12:45PM	12:00-1:00PM
NINJA ZONE Training 13+	13+						3:00-4:00PM	
<b>DROP-IN</b>								
Open Gym Drop-In	14+	8:00-10:00PM		8:00-10:00PM				6:00-8:00PM
Parent & Tot Drop-In	18mo-5yrs	10:30AM-12	10:30AM-12	10:30AM-12				
NINJAZONE Drop-In	5+					7:00-8:00PM		

There will be no classes from March 15<sup>th</sup>-March 21<sup>st</sup> and April 10<sup>th</sup>-12<sup>th</sup>



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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, Tuesday and Wednesdays from 10:30-12:00pm.	<b>\$275</b>
<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.	<b>\$325</b> 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.	<b>\$375</b>
<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.	<b>\$375</b>
<b>GYM 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.	<b>\$425</b>
<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.	<b>\$325</b>
<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.	<b>\$325</b>
<b>YOUTH TUMBLING</b>	This co-ed recreation program allows children to learn and master the basics of tumbling.	<b>\$325</b>
<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.	<b>\$375</b>
<b>CHEER TUMBLING</b>	Designed specifically for cheerleaders who are looking to perfect technique, advance their skills and build strength.	<b>\$325</b>
<b>YOUTH TRAMPOLINE</b>	This co-ed recreation program allows children to learn and master the basics of trampoline.	<b>\$325</b>
<b>YOUTH T &amp; T</b>	This co-ed recreation program allows children to learn and master the basics of trampoline and tumbling.	<b>\$375</b>
<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.	<b>\$375</b>
<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.	<b>\$325</b>
<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.	<b>\$325</b>
<b>OPEN GYM DROP-IN</b>	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. Passes available.	<b>\$15</b>
<b>NINJAZONE DROP-IN</b>	This drop-in program is designed for anyone 5+ interested in testing out their Ninja skills. Athletes under 18 MUST have a parent INSIDE the facility.	<b>\$15</b>