

# Burlington Trampoline & Tumbling Inc. Winter 2023 Recreational Schedule

## 10 WEEKS OF CLASSES

CLASS NAME	HRS	AGE	COST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>GYMNASTICS</b>										
Parent & Tot	1hr	18mo-3yrs	\$275						9:00-10:00AM	10:30-11:30AM
Kindergym 3-4	1hr	3-4yrs	\$290			4:30-5:30 PM			10:15-11:15AM	
Jr. Sampler 5-6	1hr	5-6yrs	\$290			4:30-5:30 PM 5:45-6:45 PM			11:30-12:30PM	9:00-10:00AM
Sampler 7+	1hr	7+	\$290			7:00-8:00PM			12:45-1:45PM	10:15-11:15AM
<b>TUMBLING</b>										
Youth Tumbling	1hr	6+	\$290			5:45-6:45PM			11:30-12:30PM	
Advanced Tumbling	1.5hr	INVITE	\$335							9:00-10:30AM
<b>TRAMPOLINE</b>										
Youth Trampoline	1hr	6+	\$290			7:00-8:00PM			9:00-10:00AM 10:15-11:15AM	9:00-10:00AM 10:15-11:15AM
Advanced Trampoline	1.5hr	INVITE	\$335			5:15-6:45PM				
<b>NINJAZONE</b>										
Lil' NINJA ZONE	1hr	3-4	\$290	4:30-5:30PM 4:30-5:30PM	4:30-5:30PM	4:30-5:30PM 4:30-5:30PM				
NINJA ZONE Training (5-7)	1hr	5-7	\$290	5:45-6:45PM 5:45-6:45PM 7:00-8:00PM	5:45-6:45PM 6:45-7:45PM	4:30-5:30PM 5:45-6:45PM 5:45-6:45PM 7:00-8:00PM 7:00-8:00PM	6:45-7:45PM			9:00-10:00AM 10:00-11:00AM 11:00-12:00PM 11:30-12:30PM
NINJA ZONE Training 8+	1hr	8+	\$290			5:45-6:45PM 7:00-8:00PM				10:15-11:15AM
NINJA ZONE Training 10+	1hr	12+	\$290			7:00-8:00PM				
<b>DROP-IN PROGRAMS</b>										
Drop-In Gym	1.5hr	14yrs+	\$10	8:00-9:30 PM		8:00-9:30PM				6:00-7:30PM
Additional Needs	1.5hr	Open	\$10				3:00-4:30PM			
Parent & Tot	1.5hr	18mo+	\$10			10:30-12:30PM				
<b>START DATE:</b>				January 9 <sup>th</sup>	January 10 <sup>th</sup>	January 11 <sup>th</sup>	January 12 <sup>th</sup>	January 13 <sup>th</sup>	January 14 <sup>th</sup>	January 15 <sup>th</sup>
<b>END DATE:</b>				March 27 <sup>th</sup>	March 28 <sup>th</sup>	March 29 <sup>th</sup>	March 30 <sup>th</sup>	March 31 <sup>st</sup>	April 1 <sup>st</sup>	April 2 <sup>nd</sup>
<b>NO CLASS DATES:</b>				Feb 20 & Mar 13	Feb 21 & Mar 14	Feb 22 & Mar 15	Feb 23 & Mar 16	Feb 24 & Mar 17	Feb 25 & Mar 18	Feb 26 & Mar 19

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## 10 WEEKS OF CLASSES

Please Note there will be no classes February 20-26, 2023, and March 13-19, 2023.

\$35.00 Gymnastics Ontario Fee is required for each athlete (unless already paid in the current GO Year - July 1, 2022 - June 30, 2023)

CLASS NAME	CLASS DESCRIPTION
<b>PARENT &amp; TOT</b> <b>(18 months - 3 years)</b>	Parents join their child in the gym to help develop balance, strength, and coordination. Apparatus includes bars, rings, pit, trampoline, floor equipment.
<b>KINDERGYM (3-4)</b>	Children will enjoy the experience of movement and fitness while learning the basics of gymnastics. Apparatus includes rings, bars, pit, trampoline, and floor equipment.
<b>JR. SAMPLER (5-6)</b>	This class will get athletes a taste of the three main disciplines we offer. There will be 15 minutes of warm-up and games, 15 minutes of NinjaZone, 15 minutes of Trampoline and 15 minutes of Tumbling per class. Ages 5 & 6 years old.
<b>SAMPLER (7+)</b>	This class will get athletes a taste of the three main disciplines we offer. There will be 15 minutes of warm-up and games, 15 minutes of NinjaZone, 15 minutes of Trampoline and 15 minutes of Tumbling per class. 7 years of age or more.
<b>YOUTH TUMBLING (6+)</b>	This co-ed recreation program allows children to learn and master the basics of tumbling.
<b>ADVANCED TUMBLING (7+)</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. They need to be able to perform: 3 second handstand hold, Round-off and Front tucks.
<b>YOUTH TRAMPOLINE (6+)</b>	This co-ed recreation program allows children to learn and master the basics of trampoline.
<b>ADVANCED TRAMPOLINE (7+)</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. They must be able to perform Cradles, Turntables and Front flips on the X.
<b>NINJA ZONE TRAINING</b> <b>(5-7) (8+) (10+)</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.
<b>LIL' NINJAS (3-4)</b>	Children learn a combination of 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. Lil' Ninjas is a beginner class designed for ages 3-4 to understand the basics of Ninja Training.

Visit: <https://www.burlingtontnt.com/winter-2023/> to register online!  
Email [admin@burlingtontnt.com](mailto:admin@burlingtontnt.com) if you have any questions!