



**SPRING 2010
KINDERGYM
(8 mon-6yrs)**

**Registration Begins: " KG" - Mon, Feb. 8 for Sat/Sun classes ONLY
Tues. Feb. 9 for all KG classes**
**No classes: Fri. Apr. 2-Sun. Apr 4 inclusive (Easter)
Mon. May 24 (Victoria Day) AND Sat. May 29 (Hosting Competition)**

	Mon	Tues	Wed	Thu	Fri	Sat	Sun
First Class	22-Mar	23-Mar	24-Mar	25-Mar	26-Mar	20-Mar	21-Mar
Last Class	14-Jun	8-Jun	9-Jun	10-Jun	18-Jun	19-Jun	13-Jun

Pictures can be taken at the LAST CLASS ONLY (Parent's Day)

Babynastics (8-15 months) Body awareness and gentle movement using modified equipment for 8-15 months. Parent participation required. Gentle gymnastics leading up to rolling, hanging, bouncing, climbing.	35 minutes 8:1 ratio	11:15		11:30		11:00		9:40
Tall & Small 1 and 2 (16 months to 3 yrs)	45 minutes 10:1 ratio	10:30		9:15	9:30		2:00 3:45	8:30 9:15 11:45
Tall & Small 1 (16mths - 24 mths)	45 minutes 10:1 ratio		10:00	10:45	11:00	9:15		10:00 11:30
Tall & Small 2 (24 mths - 3yrs) All Tall and Small classes involve gymnastics fun using modified equipment. Parent participation required. Structured class where adult and child are guided through progressions using all the gymnastics equipment.	45 minutes 10:1 ratio	9:30	9:15	10:00	10:15	10:15	3:00	10:15 10:45
2 Yrs An independent class for 2 year olds. It is recommended that they first take Tall & Small. Children are guided through all the gymnastics circuits and develop basic skills. Builds independence, confidence and self-esteem.	45 minutes 5:1 ratio	9:00	10:45	9:30	9:15			
			11:00	10:00 10:15	10:30	10:15		
				11:00	11:15	11:15		
3 Yrs Children will learn the basics of rolls, swings, jumps, landings and climbing. Developing progressions and skills towards handstands and inverted skills.	1 hour 7:1 ratio	10:30 1:00	10:00	9:00 1:00	9:30 1:00	9:15 11:00 1:00	12:45	9:30
		10:45 2:00	11:00 2:00	2:00	11:00 2:00	2:00	1:45	10:30
				11:00		3:00	2:45	11:30
4-6 Yrs Children will continue to develop basic skills with an emphasis on fine motor skills. Development towards more intricate gymnastics skills using circuits and progressions. Working cartwheels, handstands on various equipment, swinging elements and advanced balance elements.	1 hour 8:1 ratio	9:30 1:00	9:00 2:00	9:00 1:00	1:00	10:15	12:45 2:45	9:15 10:15
		9:45 2:00	1:00	10:00 2:00	10:00 2:00	1:00 2:00 3:00	1:00	9:30 10:30
				3:00 10:45 4:00	4:00	4:00	1:45	11:20 11:30
Special K (5-6) Yrs For children who have been in the program for a couple of years and are ready for more challenges. More exercises to develop strength, co-ordination and flexibility in order to progress.	Cangym badge preparation 90 minutes 8:1 ratio		9:30	12:45				

FEES:	12 wks	
Babynastics	\$130	- Payment due at time of registration. No credits or refunds will be given after Mar. 20, 2010. - A \$20 cancellation fee per person will apply if cancelling by Mar. 20, 2010. - Cash, Cheque, Debit, Visa & Mastercard accepted in person. Visa & Mastercard over the phone. - One time 10% per family discount, for 3rd+ sibling per fiscal year (July 1st to June 30th). - Annual \$15 insurance fee applies to all new or returning OGC Members. (July 1st to June 30th). - Try out classes available after session begins for \$10 or \$15. Payment required at time of booking.
Tall & Small	\$172	
2 Yrs, 3 Yrs & 4-6 Yrs	\$172	
Special K (5-6 Yrs)	\$235	
Please contact us at ogc@rogers.com or 613-722-8698 if you have any questions. Thank You!		