



**Spring 2011
Kindergym
(8 Months - 6 Years)
12 week Session
(Note: Fri. 11 wks)**

Registration Begins: Monday, February 7, 2011

No Classes: Friday April 22nd, Sunday, April 24(Easter), Monday May 23 (Victoria Day), Friday May 27, Saturday May 28, Sunday May 29 (hosting Competition)

Children MUST be the correct age for the class by the start of the first class

		Mon	Tues	Wed	Thu	Fri	Sat	Sun
Babynastics (8 months - 15 months) Body awareness and motor development using modified equipment for 8-15 months. Parent participation required. Gentle gymnastics leading up to rolling, bouncing, hanging and climbing.	First Class	21-Mar	22-Mar	23-Mar	24-Mar	25-Mar	26-Mar	20-Mar
	Last Class	13-Jun	07-Jun	08-Jun	09-Jun	17-Jun	18-Jun	19-Jun
Tall & Small 1 (16mths - 24 mths) 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.	35 minutes 8:1 ratio	11:00 AM 11:30 AM	11:00 AM	11:30 AM	10:00 AM	9:15 AM		7:00 AM 9:40 AM
Tall & Small 1 and 2 (16 months to 3 yrs)	45 minutes 10:1 ratio	10:30 AM		11:15 AM			2:00 PM 3:00 PM 3:45 PM	7:45 AM 8:30 AM 9:15 AM 11:45 AM
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 AM 11:30 AM	9:00 AM 10:15 AM	9:15 AM 10:00 AM 10:45 AM 11:30 AM		10:15 AM 11:15 AM 11:00 AM 11:15 AM		
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	9:30 AM 10:45 AM 1:00 PM 2:00 PM	9:15 AM 9:45 AM 10:45 AM 1:00 PM 2:00 PM 3:00 PM	9:15 AM 10:15 AM 2:00 PM	10:15 AM 11:15 AM	9:15 AM 11:00 PM 1:00 PM	12:45 PM 1:45 PM 2:45 PM	9:30 AM 10:30 AM 11:30 AM
4-6 Yrs Children will continue to develop skills with an emphasis on fine motor skills and progressions. Working Cartwheels, handstands on various equipment, swinging elements and advanced balance elements.	1 hour 8:1 ratio	9:45 AM 10:30 AM 1:00 PM 2:00 PM 3:00 PM *Cancelled*	9:45 AM 1:00 PM 2:00 PM 3:00 PM	9:15 AM 10:15 AM 1:00 PM 2:15 PM 3:00 PM	9:15 AM 1:15 PM 2:15 PM	9:15 AM 10:15 AM *NEW* 1:00 PM	12:45 PM 1:00 PM 1:45 PM 2:00 PM (2) 2:30 PM	9:00 AM 9:15 AM 9:30 AM 10:15 AM 10:30 AM 11:20 AM 11:30 AM
Special K (5-6) Yrs For children who have completed the program for a couple of years and are ready for more challenges. More emphasis on strength, coordination and flexibility.	Cangym badge preparation 90 minutes 8:1 ratio							

This box tells you the Session Name, the Program (kindergym or recreation) and the length of the session.

These dates indicate the start date and the end date of the class, depending on the day of the week you're signed up for.

This information tells you the registration start date, as well as any dates there will not be classes for various reasons.

Class ratio of number of children to each coach.

These *Words* let you know that the class listed above is either new or cancelled.

Description of class including any pre-requisites or requirements.

Classes **bolded** with a line through it indicate it is full.

This indicates the length of time the class runs.

The number in (brackets) tells you how many people are on the wait list for that class, as of the date the schedule was updated.

Age requirements are listed in the name of the class.

Some useful information.

These are our registration and cancellation policies, along with payment information and any other information we feel you need to know before registration. This information is very important so read it carefully before you sign up.

FEES	Cancellation Policy and Payment	
	11 wks Friday	12 wks Saturday - Thursday
Baby	\$ 95.00	\$ 100.00
Tall & Small	\$ 120.00	\$ 130.00
2 Yrs, 3 Yrs & 4-6 Yrs	\$ 160.00	\$ 175.00
Special K (5-6 Yrs)		\$ 265.00

Payment due at time of registration. Spots are not held until FULL. No Credits or Refunds will be given after the first day of class. A \$20 cancellation fee per person will apply if cancelling before the first class. Cash, Cheque, Debit, Visa & Mastercard accepted in person. Visa & Mastercard over the phone. 10% Family Discount. Must Register 3+ children in one session. Annual \$20 insurance fee will be applied, in addition to class fees, to all new or returning OGC Members. (July 1st - June 30th) Trial classes available after session begins for \$10 or \$15. Fee is based on class length and all trial classes are subject to availability. Payment required at time of booking. (no more than 24 hours in advance)

Check our website to register and for any news and notifications. www.ottawagymnasticscentre.ca
Please contact us at ogc@rogers.com or 613-722-8698 if you have any other questions. Thank you!