



**Fall 2010
Kindergym
(8 Months - 6 Years)
13 week Session**

Registration Begins: Wednesday, July 21st, 2010
No Classes: Sunday, October 10th, Monday October 11th.
Friday December 3rd, Saturday December 4th, Sunday December 5th

	Mon	Tues	Wed	Thu	Fri	Sat	Sun
First Class	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	12-Sep
Last Class	13-Dec	07-Dec	08-Dec	09-Dec	17-Dec	18-Dec	19-Dec

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, bouncing, hanging and climbing.	35 minutes 8:1 ratio	44:15 AM	11:00 AM	11:30 AM		11:00 AM		9:40 AM
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.	45 minutes 10:1 ratio		10:15 AM	9:15 AM	10:00 AM	9:15 AM		10:00 AM 11:30 AM
Tall & Small 2 (24 mths - 3yrs)	45 minutes 10:1 ratio	9:30 AM	9:30 AM	10:30 AM	9:15 AM	10:15 AM	3:00 PM	10:15 AM 10:45 AM
Tall & Small 1 and 2 (16 months to 3 yrs)	45 minutes 10:1 ratio	10:30 AM		11:15 AM	10:45 AM		2:00 PM 3:45 PM	7:45am 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 1:00 PM	9:15 AM 10:00 AM 10:45 AM 11:15 AM	11:30 AM	10:15 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 10:45 AM 11:00 AM 12:30 PM 2:00 PM 3:00 PM	9:00 AM 10:15 AM 1:00 PM 2:00 PM	10:15 AM 11:15 AM	9:15 AM 11:00 AM 1:00 PM 2:00 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 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	9:45 AM 10:30 AM 1:00 PM 2:00 PM	9:45 AM 1:00 PM 2:00 PM 3:00 PM	9:15 AM 10:15 AM 1:00 PM 2:00 PM 3:00 PM 4:00 PM 4:00 PM	9:15 AM 2:30 PM	9:15 AM 10:15 AM 1:00 PM 2:00 PM 3:00 PM	12:45 PM 1:00 PM 1:45 PM 2:45 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 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			12:45 PM	1:00 PM			

Pictures can be taken at the LAST CLASS ONLY (Parent's Day) Children MUST be the correct age for the class by the start of the first class

FEES:	13 wks	Cancellation Policy and Payment Information
Babynastics	\$ 110.00	Payment due at time of registration. Spots are not held until FULL payment received. No Credits or Refunds will be given after the first day of class.
Tall & Small	\$ 190.00	A \$20 cancellation fee per person will apply if cancelling before the first day of class. Cash, Cheque, Debit, Visa & Mastercard accepted in person. Visa & Mastercard over the phone. 10% Family Discount. Must Register 3+ children in one session.
2 Yrs, 3 Yrs & 4-6 Yrs	\$ 190.00	Annual \$20 insurance fee will be applied, in addition to class fees, to all new or returning OGC Members. (July 1st - June 30th)
Special K (5-6 Yrs)	\$ 280.00	Try out classes available after session begins for \$10 or \$15. Fee is based on class length and all tryout classes are subject to availability. Payment required at time of booking.

Check our website 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!

Schedule Updated as of September 2nd at 10:04 am