



**Fall 2010  
Recreational**  
(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 6th.**

	Mon	Tues	Wed	Thu	Fri	Sat
<b>First Class</b>	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep	18-Sep
<b>Last Class</b>	13-Dec	07-Dec	08-Dec	09-Dec	17-Dec	18-Dec

<p><b>Mini-Rollers (6-7 year olds)</b> An introductory class, participants will be working on Levels 1-3. They will be improving body control and awareness. Separate boys and girls</p> <p>90 minutes 8:1 ratio</p>	5:00PM (Girls)	5:00PM (B & G)	5:00PM (Girls) 5:00 PM (Boys)	5:00PM (Girls)	5:00PM (Boys)	8:45AM (B & G) *GIRLS FULL* 10:20AM (B & G) *GIRLS FULL* 11:55 AM (B & G) <b>1:40PM (Girls)</b>
<p><b>Rollers (8+ years)</b> Entry point for older children to train with their own age groups. Participants will be working on Levels 1-3. Separate boys and girls classes.</p> <p>90 minutes 8:1 ratio</p>	5:00PM (Girls)	7:00 PM (Girls)		5:00PM (Boys)		8:45AM (B & G) 10:20AM (B & G) 12:30PM (Girls)
<p><b>Jr. Springers (6-8 year olds)</b> The focus is new skills and technique. Participants work on Levels 4-6. Separate boys and girls classes. *Boys may be combined with Sr Springers Boys*</p> <p>2 hours 8:1 ratio</p>	4:45PM (Girls)	5:00PM (Girls)		6:30PM (Girls)	5:00PM (Girls)	9:00AM (B & G) *GIRLS FULL* 11:05 AM (Girls) <b>1:40PM (Girls)</b>
<p><b>Sr. Springers (9+ years)</b> Challenging Skill development for those with intermediate skills. Participants will work on Levels 4-6. Separate boys and girls classes. *May be combined with acros*</p> <p>2 hours 8:1 ratio</p>	6:30PM (Girls)	6:30PM (Girls)	6:30PM (Girls)			9:00AM (B & G) *GIRLS FULL* <b>11:05 AM (Girls)</b> <b>1:00 PM (Girls)</b>
<p><b>Acros (8+ years)</b> Intermediate and Advanced skills with focus on technique. Participants will be working on Levels 7+.</p> <p>2 hours 8:1 ratio</p>			6:30PM (Girls)		6:30PM (Girls)	9:00AM (Girls) (8-10 year olds) <b>3:15PM (Girls)</b> <b>(11+ years)</b>
<p><b>Tumble &amp; Tramp (8+ years)</b> Participants work on Tumbling and Trampoline skills. Boys and girls are combined.</p> <p>90 minutes 8:1 ratio</p>	7:00PM (Levels 1-3)			6:45PM (Levels 4-6)	7:00PM (Levels 1-3)	3:15PM (Levels 4-6)
<p><b>Tumbling (9+ years)</b> For those who only want to work on Power Tumbling skills and technique. Boys and girls are combined.</p> <p>90 minutes 8:1 ratio</p>						4:45PM
<p><b>Just Teens (13-16 year olds)</b> This girls only class is great for beginners as well as intermediate level gymnasts.</p> <p>2 hours 8:1 ratio</p>						3:15PM (Girls)
<p><b>Gym Giants (8+ years)</b> Formerly <b>Advanced Rec Boys</b>, this boys only class is available by try-out or coach recommendation only.</p> <p>2 hours 8:1 ratio</p>						11:05AM (Boys)
<p><b>Home School (6-12 year olds)</b> This class is available for children who are home schooled. Boys and girls are combined.</p> <p>90 minutes 8:1 ratio</p>		1:30PM			1:30PM	

*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
Mini-Rollers	\$ 280.00	Payment due at time of registration. Spots are not held until FULL payment received. <b>No Credits or Refunds will be given after the first day of class.</b> 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. <b>10% Family Discount. Must Register 3+ children in one session.</b> Annual \$20 insurance fee will be applied, in addition to class fees, to all new or returning OGC Members. (July 1st - June 30th)  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.
Rollers	\$ 280.00	
Jr. Springers	\$ 370.00	
Sr. Springers	\$ 370.00	
Acros	\$ 370.00	
Tumble and Tramp	\$ 280.00	
Tumbling	\$ 280.00	
Just Teens	\$ 370.00	
Gym Giants	\$ 370.00	
Home School	\$ 210.00	

Check our website for any news and notifications. [www.ottawagymnasticscentre.ca](http://www.ottawagymnasticscentre.ca)

Please contact us at [ogc@rogers.com](mailto:ogc@rogers.com) or 613-722-8698 if you have any other questions. Thank you!

Updated as of September 2nd at 9:56 am