

Ottawa Gymnastics Centre Spring 2020 Kindergym Gymnastics Schedule

First Clase Special Class									
Land Class	Phys. () Rent	-							Sunday
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Body awarmess and graften recoverment using mostified exploration for local supprement for 10 for formithe Parent participation required. Standard part or forming, promotine designation of the product of the participation required. Standard participation required. Standard participation required. Standard processors are graft of the promotine designation required. Standard processors are graft of the promotine designation required. Standard processors are graft of the processor and graft for the proce	Babynastics (10-15 months)	35 minutes	9:15am	400	• • • •		11:30am		11:00am
All Tallard Small classes involve gymnastics fur using modified appliant. Patren patricipation required. Shortuned disas where adult and child are guided through progressions using all the gymnastics ocquipment. Patren patricipation required. Shortuned disas where adult and child are guided through progressions using all the gymnastics ocquipment. Still 8 \$118 \$118 \$118 \$118 \$118 \$118 \$118	Body awareness and gentle movement using modified equipment for 10-15 months. Parent participation required. Gentle gymnastics leading up to rolling, bouncing, hanging and		\$92		\$115		\$115		\$92
modified outpromen. Parent participation required. Structured class where adult and child are judged through progressions using all the gymnastics equipment. 45 minutes 110,00mm 10,15mm 9,45mm 9,45mm 10,00mm 110,00mm 1	Tall & Small 1 (16mths - 24 mths)	45 minutes	10:45am	9:15am	11:15am		10:15am	8:45am	9:15am
45 minutes 10.00am 10.15am 10.00am 1	modified equipment. Parent participation required. Structured class where adult and child are guided through progressions	10:1 ratio	\$140	\$1 <i>4</i> 7	\$1 <i>1</i> .7		\$1 <i>4</i> 7	9:45am	
Tall & Small 2 (24 mths - 3yrs) See description above 2 Yrs - Must be 2 yrs old by April 14, 2019 An independence, confidence and self-setteen are guided through all the gymanistics civilia and develop basis skills. Builds independence, confidence and self-setteen. 3 Yrs - Must be 3 years old by April 14, 2019 Children will learn the basics of rolls, swings, jumps, landings and clinicing. Developing progressions and skills towards handstands and inverted skills. 4 Xrs - Must be 4 years old by April 14, 2019 Children will develop basis skills with an emphasis on fine motor skills. Developing progressions will not skills with an emphasis on fine motor skills. Developing progressions will not skills with an emphasis on fine motor skills. Scilly indicated and inverted skills. 4 Xrs - Must be 4 years old by April 14, 2019 Children will develop basis skills with an emphasis on fine motor skills. Developing progressions will not skills under the skills will an emphasis on fine motor skills. Development towards more intricate gymnisatics skills uning circuits and progressions. Working Carthvelets, handstands on various equipment, averaging elements and advanced balance elements. 5 157 1587 1587 1587 1588 1588 1588 1589 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599 1599	0 00 11	45 minutes					Ψ147		
2 Yrs - Must be 2 yrs old by April 14, 2019 An independent class for 2 year olds. Tall and Small 2 is a mandatory pre-requisite for this class. Children are guided through all the gymnastics circuits and develop basic skills. Bulles independence, confidence and self-esteem. 3 Yrs - Must be 3 years old by April 14, 2019 Children will learn the basics of rolls, swings, jumps, landings and climbing. Developing progressions and skills towards transfared and inverted skills. 4.00pm (45 mins) 5157 4 Yrs - Must be 4 years old by April 14, 2019 Children will 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. 5157 5157 5157 5157 5157 5157 5157 51	Tall & Small 2 (24 mths - 3yrs)				• • • • • • • • • • • • • • • • • • • •			10:00am 10:15am	10:00am
An independent class for 2 year olds. Tall and Small 2 is a mandatory pre-requisite for this class. Children are guided through all the gymnastics circuits and develop basic skills. Builds independence, confidence and self-esteem. 3 Yrs - Must be 3 years old by Aprill 14, 2019 Children will sem the basics of rolls, swings, jumps, landings and climbing. Developing progressions and skills towards handstands and inverted skills. 4.00pm (45 mins) \$157 \$196 \$1100mm \$1100mm \$3.00mm \$3.00mm \$3.00mm \$3.00mm \$3.00mm \$10.00amm \$11.00amm \$11.00amm \$1.00amm \$1.00am	See description above		\$118	\$147	\$147			\$118	\$118
An independent class for 2 year olds. Tall and Small 2 is a mandatory pre-requisite for this class. Children are guided through all the gymnastics circuits and develop basic skills. Bullsi independence, confidence and self-esteem. 3 Yrs - Must be 3 years old by April 14, 2019 Children will learn the basics of rolls, swings, jumps, landings and climbing, Developing progressions and skills towards handstands and inverted skills. 4 Yrs - Must be 4 years old by April 14, 2019 Thour 4 Yrs - Must be 4 years old by April 14, 2019 Thour 4 Yrs - Must be 4 years old by April 14, 2019 Totally Trampoline (4 yr olds) - Must by 4 years old by April 14, 2019 Totally Trampoline (4 yr olds) - Must by 4 years old by April 14, 2019 To those who pust can't get enough of his favourite event! Further skill development, a great add on to a KG class. X El Minis (old Special K (4 Yr olds) - Must by April 14, 2019 For children who have been in the program for a couple of years and are ready for more whallenges. More exercises to develop strength, co-ordination and libability in order to progress. At least 1 session of 4 yr old class is a pre-requisite.	2 Yrs - Must be 2 yrs old by April 14, 2019		9:15am	10:15am	9:15am		10:15am	8:30am	
3 Yrs - Must be 3 years old by April 14, 2019 Children will learn the basics of rolls, swings, jumps, landings and climbing. Developing progressions and skills towards handstands and inverted skills. 4:00pm (45 mins) 4:30pm (45 mins) 5:157 4 Yrs - Must be 4 years old by April 14, 2019 Children will develop basic skills with an emphasis on fine motor skills. Development towards more intricate gymnastics skills using circuits and progressions. Working Cattwheek, mandstands on various equipment, swinging elements and advance elements. 5:15pm (34 mix) 5:196 5:196 5:15pm (34 mix) 5:196 5:15pm (34 mix) 5:196 5:15pm (34 mix) 5:15p	mandatory pre-requisite for this class. Children are guided through all the gymnastics circuits and develop basic skills.	5:1 ratio							
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Children will 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. 8:1 ratio 5:30pm (45 mins) 5:15pm (45 min) 6:00pm (45 min) 6:00pm (45 min) 6:00pm (45 min) 7:00pm 11:00pm 11:00pm 11:00pm 11:45am 10:00am 11:00pm 11:45am 10:00pm 11:45am 11:4			\$157	\$196	\$196		\$196	\$157	\$157
by April 14, 2019 For those who just can't get enough of this favourite event! Further skill development, a great add on to a KG class. Scel Minis (old Special K (4 Yr olds) - Must be 4 years old by April 14, 2019 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. At least 1 session of 4 yr old class is a pre-requisite. 6:1 ratio 90 minutes 8:1 ratio 9:15am 9:15am 8:1 ratio \$294	Children will 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		5:30pm (45 mins)	\$196 5:15pm (45 min) 6:00pm (45 min)				9:30am 10:30am 10:45 am 11:30am 1:00pm	9:30am 10:00am 11:00am
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Homeschool Group (5 to 12 yrs old)	Must be 4 years old by April 14, 2019 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								
	Homeschool Group (5 to 12 yrs old)				11:00am				

Our Coaches Receive Specialized Gymnastics Training Through the National Coaching Certification Program.

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

Additional Information

Payment due at time of registration. Spots are not held until FULL payment received

Refunds will be given until 48 hours after the first class for the remaining classes. Cash, Cheque, Debit, Visa & Mastercard accepted in person. Visa & Mastercard over the phone.

10% Family Discount. Must Register 3+ children in one session.

Annual \$40 insurance/ facility improvement fee will be applied, in addition to class fees, to all new or returning OGC Members. (July 1st - June 30th)

Trial classes available first week after session begins - \$10 for 45min class or \$15+ for a 1hr class or more. 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 info@ottawagymnasticscentre.ca or 613-722-8698 if you have any other questions. Thank you!

Registration Opens February 12th at 10:00am No Classes: