



# Ottawa Gymnastics Centre

## Spring 2020 Kindergymnastics Schedule

|   |                          | Monday                               | Tuesday                   | Wednesday     | Thursday      | Friday        | Saturday   | Sunday                                 |
|---|--------------------------|--------------------------------------|---------------------------|---------------|---------------|---------------|--|--|
| First Class   |                          | April 20 2020                        | April 14 2020             | April 15 2020 | April 16 2020 | April 17 2020 | April 18 2020  | April 19 2020                          |
| Last Class  |                          | June 15 2020                         | June 16 2020              | June 17 2020  | June 18 2020  | June 19 2020  | June 13 2020   | June 14 2020                           |
| # of Weeks  |                          | 8 weeks                              | 10 weeks                  | 10 weeks      | 10 weeks      | 10 weeks      | 8 weeks  | 8 weeks                                |
| <b>GymBabies (6-10 months)</b><br>This program is designed to encourage balance, flexibility, and strength through movement, motion and exploration using modified equipment. Bring baby blanket and small toy.   | 30 minutes<br>8:1 ratio  |                                      | 11:00am                   | 9:15am        |               |               |  |  |
|   |                          |                                      | \$98                      | \$98          |               |               |  |  |
| <b>Babynastics (10-15 months)</b><br>Body awareness and gentle movement using modified equipment for 10-15 months. Parent participation required. Gentle gymnastics leading up to rolling, bouncing, hanging and climbing.  | 35 minutes<br>8:1 ratio  | 9:15am                               |                           | 10:30am       |               | 11:30am       |  | 11:00am                                |
|   |                          | \$92                                 |                           | \$115         |               | \$115         |  | \$92                                   |
| <b>Tall &amp; Small 1 (16mths - 24 mths)</b><br>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<br>10:1 ratio | 10:45am                              | 9:15am                    | 11:15am       |               | 10:15am       | 8:45am<br>9:15am<br>9:45am                                   | 9:15am<br>11:45am                      |
|   |                          | \$118                                | \$147                     | \$147         |               | \$147         | \$118  | \$118                                  |
| <b>Tall &amp; Small 2 (24 mths - 3yrs)</b><br><br>See description above   | 45 minutes<br>10:1 ratio | 10:00am                              | 10:15am                   | 9:45am        |               |               | 9:00am<br>10:00am<br>10:15am<br>11:00am                      | 8:45am<br>10:00am<br>10:15am           |
|   |                          | \$118                                | \$147                     | \$147         |               |               | \$118  | \$118                                  |
| <b>2 Yrs - Must be 2 yrs old by April 14, 2019</b><br>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.  | 45 minutes<br>5:1 ratio  | 9:15am                               | 10:15am                   | 9:15am        |               | 10:15am       | 8:30am   | 8:30am<br>9:15am                       |
|   |                          | \$118                                | \$147                     | \$147         |               | \$147         | \$118  | \$118                                  |
| <b>3 Yrs - Must be 3 years old by April 14, 2019</b><br>Children will learn the basics of rolls, swings, jumps, landings and climbing. Developing progressions and skills towards handstands and inverted skills.   | 1 hour<br>6:1 ratio      | 10:00am                              | 9:15pm (3/4 mix)          | 10:00am       |               | 11:00am       | 8:30am<br>9:30am<br>10:30am<br>11:30am                       | 8:30am<br>9:30am<br>10:30am<br>11:30am |
|   |                          | \$157                                | \$196                     | \$196         |               | \$196         | \$157  | \$157                                  |
|   |                          | 4:00pm (45 mins)<br>\$157            | 4:30pm (45 mins)<br>\$196 | \$196         |               | \$196         | \$157  | \$157                                  |
| <b>4 Yrs - Must be 4 years old by April 14, 2019</b><br>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.               | 1 hour<br>8:1 ratio      | 4:45pm (45 mins)<br>5:30pm (45 mins) | 9:15pm (3/4 mix)          |               |               |               | 8:30am<br>9:30am<br>10:30am<br>10:45 am<br>11:30am<br>1:00pm | 8:30am<br>9:30am<br>10:00am<br>11:00am |
|   |                          | \$157                                | \$196                     |               |               |               | \$157  | \$157                                  |
| <b>Totally Trampoline (4 yr olds) - Must by 4 years old by April 14, 2019</b><br>For those who just can't get enough of this favourite event! Further skill development, a great add on to a KG class.  | 45 minutes<br>6:1 ratio  |                                      |                           |               |               |               | 11:45am  |  |
|   |                          |                                      |                           |               |               |               | \$118  |  |
| <b>Xcel Minis (old Special K (4 Yr olds) - Must be 4 years old by April 14, 2019</b><br>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. | 90 minutes<br>8:1 ratio  |                                      | 1:00pm                    |               |               |               | 9:15am   |  |
|   |                          |                                      | \$294                     |               |               |               | \$236  |  |
| <b>Homeschool Group (5 to 12 yrs old)</b>   |                          |                                      |                           | 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](http://www.ottawagymnasticscentre.ca)

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

**Registration Opens February 12th at 10:00am**

**No Classes:**