



# Ottawa Gymnastics Centre Winter 2020 Kindergym Gymnastics Schedule

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
First Class		Jan 6 2020	Jan 7 2020	Jan 8 2020	Jan 9 2020	Jan 10 2020	Jan 11 2020	Jan 12 2020
Last Class		Apr 6 2020	Apr 7 2020	Apr 8 2020	Apr 9 2020	Apr 3 2020	Apr 4 2020	Apr 5 2020
# of Weeks		11 weeks	12 weeks	12 weeks	11 weeks	10 weeks	11 weeks	11 weeks
<b>GymBabies (6-10 months)</b> 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 8:1 ratio		11:00am \$118	9:15am \$118				
<b>Babynastics (10-15 months)</b> 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 8:1 ratio	9:15am \$126		10:30am \$138		11:30am \$115		11:00am \$126
<b>Tall &amp; Small 1 (16mths - 24 mths)</b> 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	10:45am \$162	9:15am \$177	11:15am \$177		10:15am \$147	8:45am 9:15am 9:45am \$162	9:15am 11:45am \$162
<b>Tall &amp; Small 2 (24 mths - 3yrs)</b>  See description above	45 minutes 10:1 ratio	10:00am \$162	10:15am \$177	9:45am \$177			9:00am 10:00am 10:15am 11:00am \$162	8:45am 9:30am 10:00am 10:15am \$162
<b>2 Yrs - Must be 2 yrs old by Sept 14, 2019</b> 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 5:1 ratio	9:15am \$162	10:15am \$177	9:15am \$177		10:15am \$147	8:30am \$162	8:30am \$162
<b>3 Yrs - Must be 3 years old by Sept 14, 2019</b> Children will learn the basics of rolls, swings, jumps, landings and climbing. Developing progressions and skills towards handstands and inverted skills.	1 hour 6:1 ratio	10:00am \$216  4:00pm (45 mins) \$162	3:15pm (3/4 mix) \$236  4:30pm (45 mins) \$177	10:00am \$236		11:00am \$196	8:30am 9:30am 10:30am 11:30am \$216	8:30am 9:30am 10:30am 11:30am \$216
<b>4 Yrs - Must be 4 years old by Sept 14, 2019</b> 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 8:1 ratio	4:45pm (45 mins) 5:30pm (45 mins) \$162	3:15pm (3/4 mix) \$236  5:15pm (45 min) 6:00pm (45 min) \$177				8:30am 9:30am 10:30am 10:45 am 11:30am 1:00pm \$216	8:30am 9:30am 10:15am 10:30am 11:15am \$216
<b>Totally Trampoline (4 yr olds) - Must by 4 years old by Sept 14, 2019</b> 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 6:1 ratio						11:45am \$162	
<b>Xcel Minis (old Special K (4 Yr olds) - Must be 4 years old by Sept 14, 2019</b> 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 8:1 ratio		1:00pm \$353				9:15am \$324	
<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 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](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 October 16 at 10:00am**

**No Classes: February 17th, February 27th-March 8th & March 16th-20th**