



Ottawa Gymnastics Centre Fall 2019 Kindergym Gymnastics Schedule

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
First Class		Sept 9 2019	Sept 10 2019	Sept 11 2019	Sept 12 2019	Sept 13 2019	Sept 14 2019	Sept 15 2019
Last Class		Dec 9 2019	Dec 10 2019	Dec 11 2019	Dec 12 2019	Dec 13 2019	Dec 14 2019	Dec 15 2019
# of Weeks		13 weeks	14 weeks	14 weeks	13 weeks	14 weeks	13 weeks	13 weeks
Gymbabies (6-10 months) 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 \$138	9:15am \$138				
Babynastics (10-15 months) 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 \$154		10:30am \$165		11:30am \$165		11:00am \$154
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	10:45am \$191	9:15am \$206	11:15am \$206		10:15am \$206	8:45am 9:15am 9:45am \$191	9:15am 11:45am \$191
Tall & Small 2 (24 mths - 3yrs) See description above	45 minutes 10:1 ratio	10:00am \$191	10:15am \$206	9:45am \$206			9:00am 10:00am 10:15am 11:00am \$191	8:45am 9:30am 10:00am 10:15am \$191
2 Yrs - Must be 2 yrs old by Sept 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. Builds independence, confidence and self-esteem.	45 minutes 5:1 ratio	9:15am \$191	10:15am \$206	9:15am 11:00am \$206		10:15am \$206	8:30am \$191	8:30am \$191
3 Yrs - Must be 3 years old by Sept 14, 2019 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 \$256 4:00pm (45 mins) \$191	9:15am 11:00am \$274 3:45pm (45 mins) 4:30pm (45 mins) \$206	10:00am 1:00PM \$274		11:00am 1:00pm \$274	8:30am 9:30am 10:30am 11:30am \$256	8:30am 9:30am 10:30am 11:30am \$256
4 Yrs - Must be 4 years old by Sept 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.	1 hour 8:1 ratio	11:00am \$256 4:45pm (45 mins) 5:30pm (45 mins) \$191	1:00PM (3/4 yr old) \$274 5:15pm (45 min) 6:00pm (45 min) \$206				8:30am 9:30am 10:30am 11:30am 1:00pm \$256	8:30am 9:30am 10:15am 10:30am 11:15am \$256
Totally Trampoline (4 yr olds) - Must be 4 years old by Sept 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.	45 minutes 6:1 ratio						11:45am (45 min) \$191	9:15am (45 min) \$191
Xcel Minis (old Special K (4 Yr olds) - Must be 4 years old by Sept 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.	90 minutes 8:1 ratio		1:00pm \$411				9:15am 12:45pm \$383	
Homeschool Group (5 to 12 yrs old)				1:00pm				

*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.
 A \$40 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.

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

Please contact us at info@ottawagymnasticscentre.ca or 613-722-8698 if you have any other questions. Thank you!

Registration Opens July 19 at 10:00AM

No Classes: October 12-14, October 31