



## Ottawa Gymnastics Centre August 2019 Kindergym Gymnastics Schedule

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
First Class		August 12, 2019	August 6, 2019	August 7, 2019	August 8, 2019	August 9, 2019	August 10, 2019	August 11, 2019
Last Class		August 26, 2019	August 27, 2019	August 28, 2019	August 29, 2019	August 30, 2019	August 31, 2019	September 1, 2019
# of Weeks		3 weeks	4 weeks	4 weeks	4 weeks	4 weeks	4 weeks	4 weeks
<b>Gymbabies (6-10 months)</b>	30 minutes 8:1 ratio			11:30am \$40		11:00am \$40		
This program is designed to encourage balance, flexibility, and strength through movement, motion and exploration using modified equipment. Bring baby blanket and small toy.								
<b>Babynastics (10-15 months)</b>	35 minutes 8:1 ratio		11:30am \$48	11:15am \$48	11:30am \$48		11:30am \$48	
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.								
<b>Tall &amp; Small 1 (16mths - 24 mths)</b>	45 minutes 10:1 ratio		10:45am \$59	9:45am \$59	10:45am \$59		9:15am 10:00am \$59	
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.								
<b>Tall &amp; Small 2 (24 mths - 3yrs)</b>	45 minutes 10:1 ratio		10:00am \$59	10:30am \$59	9:45am \$59		10:45am \$59	
See description above								
<b>2 Yrs - Must be 2 yrs old by July 2, 2019</b>	45 minutes 4:1	9:30am 11:15am \$45	9:30am \$59		11:30am \$59	11:15am \$59	9:00am \$59	
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.								
<b>3 Yrs - Must be 3 years old by July 2, 2019</b>	1 hour 7:1	10:15am \$59	11:00am \$79	9:30am \$79	10:30am \$79	10:15am \$79	9:45am \$79	
Children will learn the basics of rolls, swings, jumps, landings and climbing. Developing progressions and skills towards handstands and inverted skills.								
<b>4-5 Yrs - Must be 4 years old by July 2, 2019</b>	1 hour 8:1 ratio			10:45am \$79			10:45am \$79	
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.								
<b>Totally Trampoline (4-5 yrs) - Must by 4 years by July 2, 2019</b>	45 min 6:1 ratio		10:15am \$59					
For those who just can't get enough of this favourite event! Further skill development, a great add on to a KG class.								
<b>Special K (4-5) Yrs - Must be 4 yrs by July 2, 2019</b>	90 min 8:1 ratio				9:30am \$118			
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. 4-5 Year old class is a pre-requisite.								

### Additional Information

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

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

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

Refunds will be given until 48 hours after the first cancel for the remaining classes.

A \$40 cancellation fee per person may apply upon cancellation

10% Discount if you register the same child for both July and August. Additional 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.

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: May 15th, 2019 at 10:00am**