



Ottawa Gymnastics Centre

Fall 2019 Recreational 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
Intro Rec Girls & Boys (Ages 5 - 8 yrs) This class is for young children brand new to gymnastics. Lessons will use fun & games to teach safety, landings, rolling, body shaping & positioning, balance, coordination, over-all fitness and becoming confident on all gymnastics events.	4:15 (5-8 yrs) 5:15 (5-8 yrs) \$256	5:30 (5-8 yrs) \$274	5:00 (5-8 yrs) 6:00 GIRLS (9-12 yrs) \$274	6:30 (5-8 yrs) 7:30 GIRLS (9-12 yrs) \$256		9:00 (5-8 yrs) 10:00 (5-8 yrs) 10:00 (9-12 yrs) 11:00 (5-8 yrs) 12:00 GIRLS (5-8 yrs) 1:00 GIRLS (5-8 yrs) \$256	12:30 (5-8 yrs) 1:30 (5-8 yrs) 2:30 (9-12 yrs) \$256
Junior Rec Girls (Ages 5 - 12 yrs) <i>Pre-requisite: Intro Rec Turquoise Ribbon, or age 9+- no pre-requisite.</i> Lessons will continue to take a fun approach & build on the basics learned in Intro Rec with a focus on correct technique.	4:15 (5-8 yrs) 5:15 (5-8 yrs) \$256	5:30 (5-8 yrs) \$274	5:00 (5-8 yrs) 6:00 (9-12 yrs) \$274	6:30 (5-8 yrs) 7:30 (9-12 yrs) \$256		9:00 (5-8 yrs) 10:00 (5-8 yrs) 10:00 (9-12 yrs) 11:00 (5-8 yrs) 12:00 (5-8 yrs) 1:00 (5-8 yrs) \$256	12:30 (5-8 yrs) 1:30 (5-8 yrs) 2:30 (9-12) \$256
Junior Rec Boys (Ages 5 - 12 yrs) Same as above!	4:15 (5-8 yrs) 5:15 (5-8 yrs) \$256	5:30 (5-8 yrs) \$274	5:00 (5-8 yrs) \$274	6:30 (5-8 yrs) \$256		9:00 (5-8 yrs) 10:00 (5-8 yrs) 10:00 (9-12 yrs) 11:00 (5-8 yrs) \$256	12:30 (5-8 yrs) 1:30 (5-8 yrs) \$256
Intermediate Rec Girls (Ages 6 - 12 yrs) <i>Pre-requisite: Junior Rec Bronze ribbon.</i> Lessons will begin to incorporate a conditioning & flexibility program designed to challenge, and prepare the body for future skills. Participants will complete this level with a proper handstand, straight cartwheel, backwards roll & more!	6:15 (6-12 yrs) \$510			5:00 (6-8 yrs) 7:00 (9-12 yrs) \$510		10:30 (6-12 yrs) \$510	2:30 (9-12 yrs) \$510
Advanced Rec Girls (Ages 7+ yrs) <i>Pre-requisite: Intermediate Rec silver ribbon.</i> Lessons will build on the basic skills and conditioning developed in Intermediate Rec. Participants will complete this level with all the skills for Xcel routines. ADV+ for athletes at the Xcel level but unable to commit to 5hrs/week	6:15 (6-12 yrs) \$510		6:45 ADV+ (9-12 yrs) \$549	5:00 (6-8 yrs) 7:00 (9-12 yrs) \$510		10:30 (6-12 yrs) 12:30 ADV+ (7-12 yrs) \$510	2:30 (9-12 yrs) \$510
Intermediate & Advanced Rec Boys (Ages 6+ yrs) Same as above!			6:00 (6-12 yrs) \$549			11:00 (6-12 yrs) \$510	

Additional Information

Our coaches receive specialized gymnastics training through the National Coaching Certification Program.

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

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

Refunds will be considered within 48 hours of your first class. After 48 hours, no refunds will be considered however you can receive a credit to your account

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

Check our website for any news and notifications. www.ottawagymnasticscentre.ca or call at 613-722-8698



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Teen Rec (Co-Ed)			7:00 (12-17 yrs)					
This class provides a relaxed and fun atmosphere for all levels from beginner to former competitive. Lessons revolve around individual needs and goals for each participant and allow some unstructured and supervised free time during class.	2 hrs/week		\$549					
Xcel Girls		5:30 (7-9 yrs) 6:15 (10+ yrs)		4:30 (5-6 yrs) 4:30 (7-9 yrs) 6:15 (10+ yrs)			9:30 (5-6 yrs) 9:30 (7-9 yrs) 12:00 (10+ yrs)	
<i>Recommendation only. Pre-requisite: Advanced Rec Gold ribbon. Previously JO Program.</i> Lessons will be a mix of skill combinations/ routine composition, acquiring new skills, and more challenging conditioning. Please see website for pricing.	5 hrs/week	group 1 Mon + Sat		group 2 Wed + Sat			group 1 and 2	
Xcel Boys							1:30 (5-7 yrs) 1:30 (8-12 yrs)	
<i>Recommendation only. Pre-requisite: Advanced Rec Gold ribbon. Previously JO Program.</i> This class is for boys who are ready to acquire new skills and routines and want more challenging training.	2.5hrs/week						\$637	
Just Jump Level 1-4			4:30 (5-7 yrs)					1:30 (5-7 yrs) 2:30 (8+ yrs)
<i>No Prerequisite.</i> Lessons will help develop coordination and spatial awareness. Participants will learn about trampoline safety and basic jumps, twist and combinations of trampoline skills.	1 hr/week		\$274					\$256
Just Jump Level 5-8			4:30 (8+ yrs)		7:30 (8-12 yrs)			
<i>Recommendation only. Participants will complete levels 5,6, 7, 8 of OGC's trampoline program.</i>	1.5 hrs/week		\$411		\$383			
Urban Gym		6:30 (7-12 yrs) 7:30 ADV (10+ yrs)	4:00 (7-12 yrs) 5:00 (7-12 yrs) 6:00 (7-12 yrs) 7:15 (10-17 yrs) 8:15 (10-17 yrs)	7:30 ADV (10-17 yrs)		4:30 (7-12 yrs) 5:30 (7-12 yrs) 6:30 (7-12 yrs) 7:30 ADV (10-17 yrs)	3:00 (7-12 yrs) 4:00 (10-17 yrs) 5:00 (10-17 yrs) 6:00 (18+ yrs)	3:00 (7-12 yrs) 4:00 (7-12 yrs) 5:00 (10-17 yrs) 6:00 (18+ yrs)
Combines the urban styles of parkour and free-running with techniques derived from gymnastics, martial arts and break dancing! Encourages athletes to develop their own style and flow in multi-level obstacle courses.	1 hr/week	\$256	SUPPLEMENTAL \$274	\$274		\$274	\$256	\$256

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