



Ottawa Gymnastics Centre

July 2019 Recreational Gymnastics Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
First Class	July 8, 2019	July 2, 2019	July 3, 2019	July 4, 2019	July 5, 2019	July 6, 2019
Last Class	July 29, 2019	July 30, 2019	July 31, 2019	August 1, 2019	August 2, 2019	July 27, 2019
# of Weeks	4 weeks	5 weeks	5 weeks	5 weeks	5 weeks	4 weeks
Intro Rec Boys & Girls (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.		5:30-6:30 (5-8 yrs) \$98	5:30-6:30 (5-8 yrs) 6:30-7:30 (5-8 yrs) \$98			10:00-11:00 (5-8 yrs) \$79
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.		5:30-6:30 (5-8 yrs) \$98	5:30-6:30 (5-8 yrs) 6:30-7:30 (5-8 yrs) 7:30-8:30 (9-12 yrs) \$98			10:00-11:00 (5-8 yrs) \$79
Junior Rec Boys (Ages 5 - 12 yrs) Same as above!		5:30-6:30 (5-8 yrs) \$98	5:30-6:30 (5-8 yrs) 6:30-7:30 (5-8 yrs) \$98			10:00-11:00 (5-8 yrs) \$79
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!		6:30-8:30 (6-8 yrs) 6:30-8:30 (9-12 yrs) \$196	5:30-7:30 (6-9 yrs) \$196			
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 JO level 1 routines.		6:30-8:30 (6-8 yrs) 6:30-8:30 (9-12 yrs) \$196	5:30-7:30 (6-9 yrs) \$196			
Intermediate & Advanced Rec Boys (Ages 6+ yrs) Same as above!						11:00-1:00 (6-12 yrs) \$157
Excel Levels 1-3 <i>Pre-requisite: Advanced Rec Gold ribbon.</i> Lessons will be a mix of skill combinations/ routine composition, acquiring new skills, and more challenging conditioning. Participants will showcase JO Level 1/2/3 routines at the end of the session.				5:30-8:00 (5-6 yrs) 5:30-8:00 (7-9 yrs) 6:15-8:45 (10+ yrs) \$245		9:30-12:00 (5-6 yrs) 9:30-12:00 (7-9 yrs) 9:30-12:00 (10+ yrs) \$196
Just Jump Levels 1-4 No Prerequisite. Lessons will help develop coordination and spatial awareness. Participants will learn about trampoline safety and basic jumps, twist and combinations of trampoline skills. Participants will complete levels 1, 2, 3, & 4 of OGC's trampoline program.		7:00-8:00 (8+ yrs) \$98	7:00-8:00 (5-8 yrs) \$98			
Urban Gym 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.		5:30-6:30 (7-12 yrs) 6:30-7:30 (10-17 yrs) 7:30-8:30 SUPPLEMENTAL \$113	5:30-6:30 (7-12 yrs) 6:30-7:30 (7-12 yrs) 7:30-8:30 ADVANCED \$113	5:30-6:30 (7-12 yrs) 6:30-7:30 (7-12 yrs) 7:30-8:30 (10-17 yrs) \$113		11:30-12:30 (7-12 yrs) 12:30-1:30 (10-17 yrs) 1:30-2:30 (18+ yrs) \$90
Teen Rec (Co-Ed) 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.						1:00-2:30 (12-17 yrs) \$118
Additional Information						
10% Discount if you register the same child for both July and August. Additional 10% Family Discount. Must Register 3+ children in one session.						
A \$40 cancellation fee per person may apply upon cancellation. Refunds will be given until 48 hours after the first class for the remaining classes.						
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)						
Check our website for any news and notifications. www.ottawagymnasticscentre.ca or contact us at info@ottawagymnasticscentre.ca or 613-722-8698						
Register on May 15th, 2019 at 10:00AM						