



Ottawa Gymnastics Centre

Spring 2020 Recreational Gymnastics Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
First Class	April 20 2020	April 14 2020	April 15 2020	April 16 2020	April 17 2020	April 18 2020	April 19 2020
Last Class	June 15 2020	June 16 2020	June 17 2020	June 18 2020	June 19 2020	June 13 2020	June 14 2020
# of Weeks	8 weeks	10 weeks	10 weeks	10 weeks	9 weeks	8 weeks	8 weeks
Intro & Junior Rec Girls	4:15 (5-8 yrs) 5:15 (5-8 yrs)	5:30 (5-8 yrs)	5:00 (5-8 yrs) 6:00 GIRLS (9-12 yrs)	6:30 (5-8 yrs) 7:30 GIRLS (9-12 yrs)		9:00 (5-8 yrs) 10:00 (5-8 yrs) 10:00 GIRLS (9-12 yrs) 11:00 (5-8 yrs) 12:00 GIRLS (5-8 yrs) 1:00 GIRLS (5-8 yrs)	12:30 (5-8 yrs) 1:30 (5-8 yrs)
<i>No pre-requisite for Intro Rec. A class for beginners, children brand new to gymnastics and those moving up from Kindergym. Lessons will use fun & games to teach safety, landings, rolling, body shaping, balance, coordination, over-all fitness and confidence on all gymnastics events. Gymnasts will learn lots of new terminology, a lot about their own bodies and what they are capable of! This class will prepare gymnasts to advance into the Intermediate/Advanced Rec program and serve as a foundation for any other athletic activities your child participates in. Children will achieve their first 4 ribbons in this level. Into Rec–Purple & Turquoise (OGC colours!), and Junior Rec- Red & Bronze. Children are grouped within the class based on age and level whenever possible.</i>							
1 hr/week							
Key skills! Proper landings & falls, half handstand, inverting, supports, forward roll, bridge, backwards roll, handstand, cartwheel, hollow and arch positions.							
	\$157	\$196	\$196	\$196		\$157	\$157
Intermediate & Advanced Rec Girls (Ages 6 - 12 yrs)	6:15 (6-12 yrs)			5:00 (6-8 yrs) 7:00 (9-12 yrs)		10:30 (6-12 yrs)	2:30 (6-12 yrs)
<i>Pre-requisite: Completion of Bronze Ribbon or by recommendation. Lessons will begin to incorporate conditioning and flexibility designed to challenge and prepare the body for future skills, and build on the basics learned in our intro and junior rec program. Children are grouped within the class based on age and level whenever possible. Participants will achieve 4 ribbons in this level, Intermediate Rec-White & Silver ribbons and Advanced Rec- Yellow and Gold Ribbons. Key skills! Pullover, back hip circle, swings, round-offs, hurdles, chin-ups.</i>							
2 hrs/week							
	\$314			\$392		\$314	\$314
Advanced Rec + Girls (Ages 7+ yrs)			6:45 ADV+ (9-12 yrs)			12:30 ADV+ (7-12 yrs)	
<i>Pre-requisite: Intermediate Rec silver ribbon or coach recommendation. The Advanced Rec + program is for experienced gymnasts who have mastered the basics and have an appropriate level of fitness for the required skills in this class. Lessons will build on the basic skills and conditioning developed in Intermediate rec and advanced rec. Participants who have been recommended for the Xcel Program are encouraged to join this class if they would prefer to train once a week and not compete while still advancing and perfecting their skills. Participants who have completed the Gold Ribbon are also encouraged to join this class.</i>							
2 hrs/week							
			\$392			\$314	
Intermediate & Advanced Rec Boys (Ages 6+ yrs)			6:00 (6-12 yrs)			11:00 (6-12 yrs)	

Same as above!	2 hrs/week			\$392			\$314	
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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

No Classes: May 16th - 18th & June 20th-21st.

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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.	2 hrs/week		\$392					
Xcel Girls								
<i>Recommendation only.</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	5:30 (7-9 yrs) 6:15 (10+ yrs) \$784 Group 1 Mon + Sat		4:30 (5-6 yrs) 4:30 (7-9 yrs) 6:15 (10+ yrs) \$882 Group 2 Wed + Sat			9:30 (5-6 yrs) 9:30 (7-9 yrs) 12:00 (10+ yrs) Groups 1 and 2	
Xcel Boys								
<i>Recommendation only.</i> Lessons will be a mix of skill combinations/ routine composition, acquiring new skills, and more challenging conditioning.	2.5hrs/week						9:30 (5-7 yrs) 9:30 (6+ yrs) \$392	
Just Jump Level 1-4								
<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		4:30 (5-7 yrs) \$196					1:30 (5-7 yrs) 2:30 (8+ yrs) \$157
Just Jump Level 5-8								
<i>Recommendation only. Participants must be ages 5, 6, 7, 8 of OGC's trampoline levels</i>	1.5 hrs/week							
Urban Gym								
Combines the urban styles with techniques derived from break dancing! Encourages athletes to develop their own style and flow in multi-level obstacle courses.	1 hr/week	6:30 (7-12 yrs) 7:30 ADV 2 (10+ yrs) \$180	4:00 (7-12 yrs) 5:00 (7-12 yrs) 6:00 (7-12 yrs) 7:15 (10-17 yrs) 8:15 (SUPPLEMENTAL) \$225	7:30 ADV (10-17 yrs) \$225		4:30 (7-12 yrs) 5:30 (7-12 yrs) 6:30 (7-12 yrs) 7:30 ADV (10-17 yrs) \$225	3:00 (7-12 yrs) 4:00 (10-17 yrs) 5:00 (10-17 yrs) 6:00 (18+ yrs) \$180	3:00 (7-12 yrs) 4:00 (7-12 yrs) 5:00 (10-17 yrs) 6:00 (18+ yrs) \$180



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Registration Opens February 12 @ 10:00 AM

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