



Ottawa Gymnastics Centre

Winter 2020 Recreational Gymnastics Schedule

|   | Monday                           | Tuesday        | Wednesday                               | Thursday                                | Friday      | Saturday  | Sunday   |
|---|----------------------------------|----------------|---|---|-------------|---|--|
| <b>First Class</b>  | Jan 6 2020                       | Jan 7 2020     | Jan 8 2020                              | Jan 9 2020                              | Jan 10 2020 | Jan 11 2020   | Jan 12 2020  |
| <b>Last Class</b>   | Apr 6 2020                       | Apr 7 2020     | Apr 8 2020                              | Apr 9 2020                              | Apr 3 2020  | Apr 4 2020  | Apr 5 2020   |
| <b># of Weeks</b>   | 11 weeks                         | 12 weeks       | 12 weeks                                | 11 weeks                                | 10 weeks    | 11 weeks  | 11 weeks   |
| <b>Intro &amp; Junior Rec Girls &amp; Boys (Ages 5 - 12 yrs)</b><br><i>No pre-requisite for Intro Rec.</i> 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. Intro Rec-Purple & Turquoise (OGC colours!), and Junior Rec- Red & Bronze. Children are grouped within the class based on age and level whenever possible.<br><br>Key skills! Proper landings & falls, half handstand, inverting, supports, forward roll, bridge, backwards roll, handstand, cartwheel, hollow and arch positions. | 4:15 (5-8 yrs)<br>5:15 (5-8 yrs) | 5:30 (5-8 yrs) | 5:00 (5-8 yrs)<br>6:00 GIRLS (9-12 yrs) | 6:30 (5-8 yrs)<br>7:30 GIRLS (9-12 yrs) |             | 9:00 (5-8 yrs)<br>10:00 (5-8 yrs)<br>10:00 GIRLS (9-12 yrs)<br>11:00 (5-8 yrs)<br>12:00 GIRLS (5-8 yrs)<br>1:00 GIRLS (5-8 yrs) | 12:30 (5-8 yrs)<br>1:30 (5-8 yrs)<br>2:30 GIRLS (9-12 yrs) |
| 1 hr/week   | \$216                            | \$236          | \$236                                   | \$216                                   |             | \$216   | \$216  |
| <b>Intermediate &amp; Advanced Rec Girls (Ages 6 - 12 yrs)</b><br><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)                  |                |   | 5:00 (6-8 yrs)<br>7:00 (9-12 yrs)       |             | 10:30 (6-12 yrs)  | 2:30 (9-12 yrs)  |
| 2 hrs/week  | \$432                            |                | \$471                                   | \$432                                   |             | \$432   | \$432  |
| <b>Advanced Rec + Girls (Ages 7+ yrs)</b><br><i>Pre-requisite: Advanced Rec gold ribbon.</i> Lessons will build on the basic skills and conditioning developed in Intermediate & Advanced Rec. Participants will complete this level with all the skills for Xcel routines. ADV+ is for athletes at the Xcel level who are unable to commit to 5hrs/week  |                                  |                | 6:45 ADV+ (9-12 yrs)                    |   |             | 12:30 ADV+ (7-12 yrs)   |  |
| 2 hrs/week  |                                  |                | \$471                                   |   |             | \$432   |  |
| <b>Intermediate &amp; Advanced Rec Boys (Ages 6+ yrs)</b><br>Same as above!   |                                  |                | 6:00 (6-12 yrs)                         |   |             | 11:00 (6-12 yrs)  |  |
| 2 hrs/week  |                                  |                | \$471                                   |   |             | \$432   |  |

**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](http://www.ottawagymnasticscentre.ca) or call at 613-722-8698

**No Classes: February 17th, February 27th-March 8th & March 16th-20th**



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|   | <b># of Weeks</b>   | <b>11 weeks</b>  | <b>12 weeks</b>  | <b>12 weeks</b>  | <b>11 weeks</b>                   | <b>10 weeks</b>   | <b>11 weeks</b>  | <b>11 weeks</b>  |
| <b>Teen Rec (Co-Ed)</b><br>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.   | <b>2 hrs/week</b>   |  | 7:00 (12-17 yrs)<br><br><b>\$471</b>   |  |                                   |   |  |  |
| <b>Xcel Girls</b><br><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. **Xcel will train through Feb 29th - March 8th Break, times TBD | <b>5 hrs/week</b>   | 5:30 (7-9 yrs)<br>6:15 (10+ yrs)<br><br><b>\$1,225</b><br><b>Group 1 Mon + Sat</b> |  | 4:30 (5-6 yrs)<br>4:30 (7-9 yrs)<br>6:15 (10+ yrs)<br><br><b>\$1,274</b><br><b>Group 2 Wed + Sat</b> |                                   |   | 9:30 (5-6 yrs)<br>9:30 (7-9 yrs)<br>12:00 (10+ yrs)<br><br><b>Groups 1 and 2</b> |  |
| <b>Xcel Boys</b><br><i>Recommendation only.</i> Lessons will be a mix of skill combinations/ routine composition, acquiring new skills, and more challenging conditioning.  | <b>2.5hrs/week</b>  |  |  |  |                                   |   | 9:30 (5-7 yrs)<br><br>9:30 (8-12 yrs)<br><b>\$539</b>                            |  |
| <b>Just Jump Level 1-4</b><br><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.   | <b>1 hr/week</b>    |  | 4:30 (5-7 yrs)<br><br><b>\$236</b>   |  |                                   |   |  | 1:30 (5-7 yrs)<br><br>2:30 (8+ yrs)<br><b>\$216</b>                      |
| <b>Just Jump Level 5-8</b><br><i>Recommendation only. Participants will complete levels 5, 6, 7, 8 of OGC's trampoline program.</i>   | <b>1.5 hrs/week</b> |  |  | 4:30 (8+)<br><br><b>\$353</b>  | 7:30 (8+ yrs)<br><br><b>\$324</b> |   |  |  |
| <b>Urban Gym</b><br>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.                                 | <b>1 hr/week</b>    | 6:30 (7-12 yrs)<br>7:30 ADV 2 (10+ yrs)  | 4:00 (7-12 yrs)<br>5:00 (7-12 yrs)<br>6:00 (7-12 yrs)<br>7:15 (10-17 yrs)<br><b>SUPPLEMENTAL</b> | 7:30 ADV (10-17 yrs)   |                                   | 4:30 (7-12 yrs)<br>5:30 (7-12 yrs)<br>6:30 (7-12 yrs)<br>7:30 ADV (10-17 yrs) | 3:00 (7-12 yrs)<br>4:00 (10-17 yrs)<br>5:00 (10-17 yrs)<br>6:00 (18+ yrs)        | 3:00 (7-12 yrs)<br>4:00 (7-12 yrs)<br>5:00 (10-17 yrs)<br>6:00 (18+ yrs) |

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**Registration Opens October 16 at 10:00am**

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