

KINGSTON GYMNASTICS CLUB CLASS SCHEDULE 2019-2020; Last Updated January 7, 2020
Winter Session: January 6- April 26 (15 weeks- no classes week of March Break); Page 1 of 2

8 to 15 months, with a parent

Babynastics: This program includes basic gymnastic movements such as; rolling, crawling, walking, balancing, and bouncing; sing along songs lead by the coach; and popular sign language.

	Wednesday		Sunday	Length	Single	Session
	8:30 - 9:15am		9:10 - 9:55am	45 Min	\$5 / class	\$75 / 15 wks

16 months to 3 years, with a parent

Tall & Small: This program introduces toddlers to the sport of gymnastics with progressions for their age and ability. The goal of this program is to have fun while fostering enjoyment of the sport. This is a structured coach-led program which prepares children to move into our independent Kindergym program.

Tuesday	Wednesday	Thursday	Saturday	Sunday	Length	Single	Session
5:30 - 6:30pm	9:30 - 10:30am 10:30 - 11:30am	4:00 - 5:00pm	9:00 - 10:00am 10:00 - 11:00am 11:00am - 12:00pm	9:00 - 10:00am 10:00 - 11:00am 11:00am - 12:00pm	60 Min	Wed. AM Only \$11.50	\$172.50 / 15 wks

3 to 5 years, independent classes

Kindergym Fundamentals: This program encourages the development of co-ordination, balance, fitness and basic gymnastic skills in an enjoyable, motivating way. The goal of this program is to have fun while fostering enjoyment of the sport.

Tuesday	Wednesday	Thursday	Saturday	Sunday	Length	Single	Session
4:30 - 5:30pm	9:30 - 10:30am 10:30 - 11:30am 4:30 - 5:30pm 5:30 - 6:30pm	4:00 - 5:00pm 5:00 - 6:00pm	9:00 - 10:00am 10:00 - 11:00am 11:00am - 12:00pm	9:00 - 10:00am	60 Min	Wed. AM Only \$17	\$255 / 15 wks

Keener Kindergym: While maintaining the importance of fun and play, this program has a greater focus on gymnastics skill development. These toddlers may be more experienced, independent, and/ or show a greater interest in the sport. There are no prerequisites or previous experience required - both Fundamentals and Keener are open for your choosing.

Tuesday	Wednesday		Saturday	Sunday	Length	Session
4:30 - 5:30pm 5:30 - 6:30pm 6:30 - 7:30pm	4:30 - 5:30pm		9:00 - 10:00am 10:00 - 11:00am 11:00am - 12:00pm	10:00 - 11:00am	60 Min	\$255 / 15 wks

4 to 5 years, independent classes

Ninjastics: An introductory class for young Ninja's to begin their training in our one-of-a-kind KGC Ninjastics Level System. Ninjastics focuses on the basics of gymnastics related to free running and parkour movements. Participants will develop strength, flexibility, coordination and body awareness.

	Saturday	Sunday	Length	Session
	9:00 - 10:00am 10:00 - 11:00am 11:00am - 12:00pm	11:00am - 12:00pm	60 Min	\$294 / 14 wks (Easter weekend closure)

5-6 years, independent classes

Recreational Juniors: This program is a stepping stone between Kindergym and Recreational for Kindergym aged children who are ready to move towards a more mature and structured class / young Recreational aged children not yet ready for the 6-9 age range.

Tuesday		Thursday	Saturday	Sunday	Length	Session
6:30 - 7:30pm		5:30 - 6:30pm	11:00am - 12:00pm 2:00 - 3:00pm	11:00am - 12:00pm	60 Min	\$270 / 15 wks

6 to 9 years, independent classes, girls

Girls Beginner Recreational (Levels 1-3 in the KGC Girls Recreational Level System). Our girls recreational classes offer the opportunity to work on physical development and gymnastics skills in a friendly and challenging atmosphere. The programs are designed to allow each gymnast to progress through the KGC Level System according to their interest and ability.

Tuesday	Wednesday	Thursday	Saturday	Sunday	Length	Session
5:30 - 7:00pm	4:30 - 5:30pm 5:30 - 6:30pm 6:30 - 7:30pm	6:30-7:30pm	2:00 - 3:00pm	12:30 - 2:00pm	60 Min 90 Min	\$285 / 15 wks \$382.50 / 15 wks

Girls Intermediate Recreational (Levels 4-6 in the KGC Girls Recreational Level System). Our girls recreational classes offer the opportunity to work on physical development and gymnastics skills in a friendly and challenging atmosphere. The programs are designed to allow each gymnast to progress through the KGC Level System according to their interest and ability.

	Wednesday				Length	Session
	5:30 - 7:00pm 6:30 - 8:00pm				90 Min	\$382.50 / 15 wks

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6 to 9 years, independent classes, boys/co-ed						
Boys Recreational: This program encourages gymnastic skill development while focusing on the mental and physical benefits on the sport.						
Tuesday		Saturday		Length	Session	
5:00 - 6:30pm		2:00 - 3:00pm		60 Min	\$266 / 14 wks (Easter weekend closure)	
				90 Min	\$382.50 / 15 wks	
Ninjastics (co-ed): This program focuses on the basics of gymnastics related to free running and parkour movements. Participants will develop strength, flexibility, coordination and body awareness. The class will focus on landings, jumps, springs, swings, and supports using various body parts.						
	Wednesday	Thursday	Saturday		Length	Session
	5:30 - 7:00pm	5:00 - 6:00pm	12:30 - 2:00pm		60 Min	\$315 / 15 wks
					90 Min	\$412.50 / 15 wks

9 to 12 years, independent classes

Girls Beginner Recreational (Levels 1-3 in the KGC Girls Recreational Level System). Our girls recreational classes offer the opportunity to work on physical development and gymnastics skills in a friendly and challenging atmosphere. The programs are designed to allow each gymnast to progress through the KGC Level System according to their interest and ability.

Tuesday		Thursday	Saturday	Sunday	Length	Session
7:00 - 8:30pm		7:00 - 8:00pm	2:00 - 3:00pm	12:30 - 2:00pm	60 Min 90 Min	\$285 / 15 wks \$382.50 / 15 wks

Girls Intermediate Recreational (Levels 4-6 in the KGC Girls Recreational Level System). Our girls recreational classes offer the opportunity to work on physical development and gymnastics skills in a friendly and challenging atmosphere. The programs are designed to allow each gymnast to progress through the KGC Level System according to their interest and ability.

Tuesday	Wednesday	Thursday			Length	Session
7:00 - 8:30pm	7:00 - 8:30pm	6:00 - 7:30pm			90 Min	\$382.50 / 15 wks

Girls Advanced Recreational (Levels 7+ in the KGC Girls Recreational Level System). Our girls recreational classes offer the opportunity to work on physical development and gymnastics skills in a friendly and challenging atmosphere. The programs are designed to allow each gymnast to progress through the KGC Level System according to their interest and ability.

	Thursday		Length	Session
	6:00 - 8:00pm		120 Min	\$510 / 15 wks

Boys Recreational: This program encourages gymnastic skill development while focusing on the mental and physical benefits on the sport.

	Saturday		Length	Session
	2:00 - 3:00pm		60 Min	\$266 / 14 wks (Easter weekend closure)

Ninjastics: This program focuses on the basics of gymnastics related to free running and parkour movements. Participants will develop strength, flexibility, coordination and body awareness. The class will focus on landings, jumps, springs, swings, and supports using various body parts.

Tuesday	Wednesday		Saturday		Length	Session
7:00 - 8:30pm - Levels 5+	7:00 - 8:30pm - Levels 1-4		12:30 - 2:00 - Levels 1-4 12:30 - 2:00 - Levels 5+		90 Min	\$412.50 / 15 wks

Adaptive Gymnastics (all ages): The program is geared towards individuals with developmental disabilities. This class will be offered during the daytime an/d/or Sunday's to allow for an empty and quiet gym, and led by coaches/staff who are qualified and experienced. KGC will keep small Staff:Participant ratios and you are also welcome to provide one adult assistant per participant.

	Sunday	Length	Session
	3:00 - 4:00pm 4:00 - 5:00pm	60 Min	\$238 / 14 weeks (Easter weekend closure)

Open Gym (18+ years) Supervised by qualified coaches, with the freedom to work on skills of choice. Coaches are available to assist as needed/desired.

	Thursday		Length	Single	Session
	8:00 - 9:00pm		60 Min	\$10	\$150 / 15 wks

KINGSTON GYMNASTICS CLUB PAYMENT POLICY: 1. Payment is due at time of registration. We accept Cash, Cheque, Visa and MasterCard. 2. Annual \$30.00 Gymnastics Ontario and Club Fee is payable once per year (July 1, 2019 to June 30, 2020). **This fee is non-refundable.** 3. Refunds and Credits for programs aged 8 months to 5 years must be requested in writing before your child's third class. Refunds and Credits for all programs aged 6+ must be requested in writing before the second class. All refund's are less the \$30 Fee and the elapsed classes. We reserve the right to cancel and combine classes based on registration.

Note: Saturday and Sundays will be discounted at the time of registration due to the closure from April 10-13 for Easter.