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		9:00 - 10:00am			
5:30 - 6:30pm	4:30 - 5:30pm	10:00 - 11:00am	10:00 - 11:00am	60 Min	\$255 / 15 wks
6:30 - 7:30pm		11:00am - 12:00pm			

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

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 2 of 2

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

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