

Kingston Gymnastics Club Class Schedule

Fall Session III: November 4- December 20 (7 weeks); 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.

	Wednesday	Thursday		Length	Session
	9:00-9:45am	9:00-9:45am		45 Min	\$43.75 / 7 weeks

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 Kindergym.

	Wednesday	Thursday	Saturday	Sunday	Length	Session
	10:00-11:00am 4:15-5:15pm	10:00-11:00am	9:00-10:00am 10:15-11:15am	9:00-10:00am 10:15-11:15am	60 Min	\$101.50 / 7 weeks

3 to 5 years, with a parent

Kindergym : 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.

	Wednesday	Thursday	Saturday	Sunday	Length	Session
	10:00-11:00am 5:30-6:30pm	10:00-11:00am	9:00-10:00am 10:15-11:15am	9:00-10:00am 10:15-11:15am 11:30-12:30pm	60 Min	\$148.75 / 7 weeks

4 to 5 years, with a parent

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 11:30-12:30pm	9:00-10:00am	60 Min	\$183.75 / 7 weeks

4 to 5 years, without a parent

Advanced Kinder: By Invite/Tryout Only; The goal of this advanced program is to provide challenge and enjoyment for the young talented children, while preparing them to comfortably move into our Pre-Competitive program.

	Sunday	Length	Session
	11:30-12:30pm	60 Min	\$148.75 / 7 weeks

6 to 9 years, independent classes, girls

Girls Recreational: 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	Saturday	Sunday	Length	Session
	4:15-5:15pm 5:30-6:30pm	10:15-11:15am 11:30-12:30pm 1:00-2:30pm	10:15-11:15am 11:30-12:30pm	60 Min 90 Min	\$166.25 / 7 weeks \$208.25 / 7 weeks

KINGSTON GYMNASTICS CLUB PAYMENT POLICY: 1. Payment is due at time of registration. We accept Cash, Cheque, Visa and MasterCard. 2. A Cleaning Fee is payable once per session. 3. Annual \$30.00 Gymnastics Ontario and Club Fee is payable once per year (July 1, 2020 to June 30, 2021). This fee is non-refundable. 4. Following commencement of the session, NO refunds nor credits will be issued save the form of an account credit for medical reasons only (a medical certificate must be provided). If you are a NEW member and you/or your child are not completely satisfied after your first class, Kingston Gymnastics Club will refund your full session tuition minus the attended class, excluding your membership fee, cleaning fee and a \$30.00 administration fee only IF notice is given five days before the second class. After your first class, Kingston Gymnastics Club maintains a NO REFUND policy on all of our fees in order to ensure proper safety and staffing for our classes and events. We reserve the right to cancel and combine classes based on registration.

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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.

	Wednesday		Length	Session
	4:15-5:15pm		60 Min	\$166.25 / 7 weeks

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		Saturday		Length	Session
	5:30-6:30pm		11:30-12:30pm 1:00-2:30pm 2:45-4:15pm		60 Min 90 Min	\$183.75 / 7 weeks \$225.75 / 7 weeks

9 to 12 years, independent classes

Girls Recreational: 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		Saturday		Length	Session
	6:45-8:15pm		1:00-2:00pm		60 Min 90 Min	\$166.25 / 7 weeks \$208.25 / 7 weeks

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
	6:45-8:15pm			90 Min	\$208.25 / 4 weeks

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.

		Saturday		Length	Session
		2:15-4:15pm		120 Min	\$267.75 / 7 weeks

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.

		Saturday		Length	Session
		2:45-4:15pm		90 Min	\$225.75 / 7 weeks

12 - 15 years, independent classes

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.

	Wednesday		Length	Session
	6:45-8:15pm		90 Min	\$225.75 / 7 weeks

Adaptive Gymnastics (all ages): The program is geared towards individuals with developmental disabilities. This class will be offered during the daytime an/and/or weekends 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 or two adult assistants per participant.

		Sunday	Length	Session
		1:00-2:00pm	60 Min	\$148.75 / 7 weeks

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.

	Wednesday		Length	Session
	8:30 - 9:30pm		60 Min	\$87.50 / 7 weeks