

Kingston Gymnastics Club Class Schedule

Winter Session 2021: January 27 - March 21 (8 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; sing along songs lead by the coach; and popular sign language.

| Wednesday | Thursday | Length | Cost |
|--------------|--------------|--------|----------------|
| 9:30-10:15am | 9:30-10:15am | 45 Min | \$50 / 8 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 independent Kindergym program.

| Wednesday | Thursday | Saturday | Sunday | Length | Cost |
|------------------------------|---------------|-------------------------------|--|--------|-----------------|
| 10:30-11:30am 4:15-5:15pm | 10:30-11:30am | 9:00-10:00am 10:15-11:15am | 9:00-10:00am 10:15-11:15am 11:30am-12:30pm | 60 Min | \$116 / 8 weeks |

3 to 5 years, with a parent

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.

| Wednesday | Thursday | Saturday | Sunday | Length | Cost |
|------------------------------|---------------|-------------------------------|-------------------------------|--------|-----------------|
| 10:30-11:30am 5:30-6:30pm | 10:30-11:30am | 9:00-10:00am 10:15-11:15am | 9:00-10:00am 10:15-11:15am | 60 Min | \$170 / 8 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 | Cost |
|--|-----------------------------------|--------------|--------|-----------------|
| | 9:00-10:00am 11:30am - 12:30pm | 9:00-10:00am | 60 Min | \$210 / 8 weeks |

4 to 5 years, independent classes

Advanced Kindergym: 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 | Cost |
|--|-----------------|--------|-----------------|
| | 11:30am-12:30pm | 60 Min | \$170 / 8 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 | Cost |
|----------------------------|---|---------------|------------------|------------------------------------|
| 4:15-5:15pm 5:30-6:30pm | 10:15-11:15am 11:30am-12:30pm 1:00-2:30pm | 10:15-11:15am | 60 Min 90 Min | \$190 / 8 weeks \$238 / 8 weeks |

6 to 9 years, independent classes, boys

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

| Wednesday | Length | Cost |
|-------------|--------|-----------------|
| 4:15-5:15pm | 60 Min | \$190 / 8 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, co-ed

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 | Sunday | Length | Cost |
|-------------|--|---|-----------------|------------------|------------------------------------|
| 5:30-6:30pm | | 11:30am-12:30pm 1:00-2:30pm 2:45-4:15pm | 11:30am-12:30pm | 60 Min 90 Min | \$210 / 8 weeks \$258 / 8 weeks |

9 to 12 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 | | Length | Cost |
|-------------|--|-------------|--|------------------|------------------------------------|
| 6:45-8:15pm | | 1:00-2:00pm | | 60 Min 90 Min | \$190 / 8 weeks \$238 / 8 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 | Cost |
|-------------|--|--------|-----------------|
| 6:45-8:15pm | | 90 Min | \$238 / 8 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 | Cost |
|--|-------------|--|---------|-----------------|
| | 2:15-4:15pm | | 120 Min | \$306 / 8 weeks |

9 to 12 years, independent classes: co-ed

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 | Cost |
|--|-------------|--|--------|-----------------|
| | 2:45-4:15pm | | 90 Min | \$258 / 8 weeks |

12-15 years, independent classes: co-ed

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 | Cost |
|-------------|--|--------|-----------------|
| 6:45-8:15pm | | 90 Min | \$258 / 8 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 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 | Cost |
|--|-------------|--------|-----------------|
| | 1:00-2:00pm | 60 Min | \$170 / 8 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 | Cost |
|-------------|--|--------|-----------------|
| 8:30-9:30pm | | 60 Min | \$100 / 8 weeks |