

FALL GYMNASTICS PROGRAMS

2 – 13 years

Why register your child in gymnastics?

The skills learned in gymnastics cover gross motor development skills required as a basis for all sports, including the development of strength, flexibility, agility, coordination and balance.



Little Tykes Tumbling (4-5 yrs)

This introductory program is a continuation of the fundamentals learned in the “Cracker Jack Tumblers” program. Tykes Tumbling combines skills involving height, flight, rolling, jumping and balance with the use of gymnastics apparatus (beams, vaults, bars, spring board and mats). This introductory program will further the development of your child’s body awareness, rhythm, coordination, and balance.

Wednesdays

1:45 – 2:45 pm

September 29 – November 3 (6 classes)

November 10 – December 15 (6 classes)

Thursdays

10:45 – 11:45 am

September 30 – December 16 (11 classes) (no class Nov 11)

Saturdays

9:45 – 10:45 am

September 25 – November 27 (9 classes) (no class Oct 9)

Fee: \$72.00 (6 classes)
\$108.00 (9 classes)
\$132.00 (11 classes)

Recreational Gymnastics Level

(6-9 yrs and 10 – 13 yrs)

Modified from the AGF Can Gym program, this class is non competitive with an emphasis on personal success, enjoyment and self- esteem. Progressive skill development is taught on all gymnastics apparatus with an emphasis on fun, fitness and fundamentals.

Saturdays

10:45 – 11:45 am

September 25 – November 27 (9 classes) (no class Oct 9)

Fee: \$108.00

Tots in Motion

(Walking – 2.5 yrs plus parent)

A perfect fun-filled class for the toddler with lots of energy. Learning will be through play using various equipment (balls, hoops, and bean bags), music and gymnastics equipment (low beam, mats mini trampoline, vaults).

Thursdays

9:15 – 10:00 am

September 30 - December 16 (11 classes) (no class Nov 11)

Fee: \$121.00

Cracker Jack Tumblers

(2.5-3 yrs plus parent)

Join us with your preschooler for a fun, interactive and creative gymnastics program designed to develop your child’s gross motor skills. A variety of gymnastics and play equipment are utilized to make this program exciting.

Wednesdays

1:00 – 1:45 pm

September 29 – November 3 (6 classes)

November 10 – December 15 (6 classes)

Thursdays

10:00 – 10:45 am

September 30 - December 16 (11 classes) (no class Nov 11)

Saturdays

9:00 -9:45 am

September 25 – November 27 (9 classes) (no class Oct 9)

Fee: \$66.00 (6 classes)
\$99.00 (9 classes)
\$121.00 (11 classes)