

# Kingston Gymnastics Club

## Winter 2023 Recreational Schedule

KGC's Winter Session will run from January 9 to April 23 (14 weeks) Due to holidays, some class dates are pro-rated for 13 weeks (details available when registering).

### Class Descriptions:

**Babynastics: (\$98) Ages 8-15 months.** 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.

**Tall & Small: (\$217 ) Ages 16 months-3 years, with parent.** 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.

**Kindergym: (\$315) Ages 3-5 years.** 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.

**Advanced Kindergym: (\$360) Ages 3-5 Years.** 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.

**Ninjastics: (\$392) Ages 4-5 years.** 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.

**Recreational Juniors: (\$350) Ages 5-6 Years.** 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. Our recreational classes offer the opportunity to work on physical development and gymnastics skills in a friendly and challenging atmosphere.

**Girls Recreational (\$350- 60 min, \$448.50- 90 min) Ages 6-9 years and 7-12 years.** 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.

**Boys Recreational: (\$350) Ages 6-9 years.** This program encourages gymnastic skill development while focusing on the mental and physical benefits of the sport.

**Ninjastics (co-ed): (\$392- 60 min, \$448.50- 90 min) Ages 6-9, 9-12, and 10-14 years.** 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.

**Girls Advanced Recreational: (\$715.00) Ages 7-12 years.** 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. **Please note: this class is offered in a 90 minute (once a week) format and a more advanced 4 hours (2 hours twice a week) format. See schedule below for details.**

**Adaptive Gymnastics: (\$247.50) All Ages.** The program is geared towards individuals with developmental disabilities. This class will be offered during the daytime 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.

KINGSTON GYMNASTICS CLUB PAYMENT POLICY: 1. Payment is due at time of registration. We accept Cash, Cheque, Visa and MasterCard. 2. Annual \$35.00 Gymnastics Ontario and Club Fee is payable once per year (July 1, 2022 to June 30, 2023). 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 \$35 Fee and the elapsed classes. We reserve the right to cancel and combine classes based on registration.

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## Winter 2023 Recreational Schedule:

### Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Ages 5 and under</b>							
Babynastics (8-15 months)			9:15-10:00	9:30-10:15			
Tall & Small (16 months - 3 years, with parent)			9:15-10:15 10:30-11:30 4:15-5:15	9:30-10:30 10:45-11:45		8:45-9:45 10:00-11:00 11:15-12:15	9:00-10:00 10:15-11:15 11:30-12:30
Kindergym (3-5 years)			10:30-11:30 4:15-5:15 5:30-6:30	10:45-11:45		8:45-9:45 10:00-11:00 11:15-12:15 1:00-2:00	9:00-10:00 10:15-11:15 11:30-12:30
Advanced Kindergym (3-5 years)							Invite only 11:30-1:00
Ninjastics (4-5 years)			4:15-5:15 5:30-6:30			8:45-9:45 11:15-12:15	9:00-10:00
<b>Ages 6 to 9</b>							
Recreational Juniors (5-6 years)	4:00-5:00		4:15-5:15 5:30-6:30	4:30-5:30		8:45-9:45	10:15-11:15
Girl's Recreational (6-9 years)	5:00-6:00		5:30-6:30	5:30-6:30		10:00-11:00 1:00-2:30	9:00-10:00
Boy's Recreational (6-9 years)				6:30-7:30		11:15-12:15	
Ninjastics (6-9 years)			5:30-6:30			10:00-11:00 1:00-2:30 2:45-4:15	
<b>Ages 9 and up, and other</b>							
Girl's Recreational (7-12 years)			6:45-8:15				
Girls's Recreational (9-12 years)						1:00-2:30	
Girl's Advanced Recreational (7-12 years)						2:45-4:15	
Girls Advanced Recreational 4 hours (7-12 years)	6:00-8:00					2:15-4:15	
Ninjastics (9-12 years)			6:45-8:15				
Ninjastics (10-14 years)						2:45-4:15	
Adaptive Gymnastics (all ages)							4:15-5:15
Open Gym				8:00-9:00			