

# Kingston Gymnastics Club

## Winter 2025 Recreational Schedule

KGC's Winter Session will run from January 4, 2025 - April 27, 2025 (15 weeks)

\* Prices based off of a 15 Week Session

### Class Descriptions:

**Babynastics: (\$157.50) 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: (\$255.00 ) 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: (\$352.50) 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: \$405.00 - 90 min Ages 5+6 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: (\$435.00) Ages 5-6 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: (\$390.00 - 60 mins) 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 (\$390.00- 60 min, \$495.00- 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.

**Ninjastics (co-ed): (\$435.00- 60 min, \$525.00- 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: (\$1,065.00 - 4 hour program) Ages 7-12 years.** By Invite/Tryout Only; 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 2hr (once a week, \$532.50) format as well and registration is open to everyone. See schedule below for details.**

**Adaptive Gymnastics: (\$382.50) 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.

**Open Gym: (\$187.50 for 15 weeks or \$12.50 drop-in fee) Ages 13+.** Looking to work on new skills and not sure where to start? This would be the best starter class for ages 13+. This class offers qualified coaches who can assist with working towards new skills at your own pace.

**Open Gym: (\$150.00 for 15 weeks or \$10.00 drop- in fee) Ages 8 months -5 years.** No need to register for the whole session. This class is great for little ones who are new to gymnastics, and want to try a few classes here and there. It is a commitment free class, which allows you the flexibility to drop in at your own convenience. With parent supervision.

**Birthday Parties: (\$250.00)** Let us take care of your little one's birthday party. One hour in the gym followed by one hour in the party room. Bookings can be made via email at [info@kingstongymnasticsclub.com](mailto:info@kingstongymnasticsclub.com)

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## Winter 2025 Recreational Schedule: Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Ages 6 and under</b>							
<b>Babynastics (8-15 months)</b>			9:00-9:45 AM	9:30-10:15			
<b>Tall &amp; Small (16 months - 3 years, with a parent)</b>			9:00-10:00 10:00-11:00 4:15-5:15 5:15-6:15	9:30-10:30 10:30-11:30 4:00-5:00 5:00-6:00		8:45-9:45 10:00-11:00 11:15-12:15 1:00-2:00	8:30-9:30 9:30-10:30 10:30-11:30 11:30-12:30
<b>Kindergym (3-5 years)</b>			10:00-11:00 11:00-12:00 4:15-5:15 5:15-6:15	10:30-11:30 11:30-12:30 4:00-5:00 5:00-6:00		8:45-9:45 10:00-11:00 11:15-12:15 1:00-2:00	8:30-9:30 9:30-10:30 10:30-11:30 11:30-12:30
<b>Advanced Kindergym *INVITE ONLY (4-6 years)</b>			5:15-6:45				10:30-12:00 2:00-3:30
<b>Ninjastics (5-6 years)</b>			4:15-5:15			8:45-9:45 10:00-11:00	8:30-9:30 9:30-10:30
<b>Recreational Juniors (5-6 years)</b>			4:15-5:15			8:45-9:45 10:00-11:00	8:30-9:30 11:30-12:30
<b>Ages 6 to 9</b>							
<b>Girl's Recreational (6-9 years)</b>			5:15-6:15			8:45-9:45 10:00-11:00 11:15-12:15 1:00-2:00	8:30-9:30 9:30-10:30 10:30-11:30 11:30-12:30 2:00-3:30
<b>Ninjastics (6-9 years)</b>						11:15-12:15 1:00-2:00	10:30-11:30
<b>Ages 7 and up, and other</b>							
<b>Girl's Recreational (7-12 years) 90 min</b>			6:30-8:00			2:00-3:30	2:00-3:30
<b>Girl's Advanced Recreational (7-12 years) 2 hours</b>			6:15-8:15			2:00-4:00	
<b>Ninjastics (7-12 years)</b>				6:30-8:00			
<b>Girls Advanced Rec (7-12 years) 4 hours</b>				6:00-8:00		2:00-4:00	
<b>Adaptive Gymnastics (all ages)</b>							1:00-2:00
<b>Open Gym 13+</b>		8:00-9:30		8:00-9:30			5:00-6:30

**\*As of October 23, 2024 - Subject to Change**