



KGC KINGSTON GYMNASTICS CLUB

Winter 2026 Recreational Schedule

KGC's Winter Session will run from January 3 - April 2, 2025 (12 weeks)

* Prices based off of 12 Week Session

Class Descriptions:

Babynastics: (\$132.00) 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: (\$211.20) 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: (\$294.00) 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: \$336.00 - 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: (\$360.00) Ages 5-6 years. An introductory class for young Ninjas 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 climbing movements. Participants will develop strength, flexibility, coordination and body awareness.

Recreational Juniors: (\$324.00 - 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 (\$324.00/\$408.00 - 60 min/90 min Ages 6-9 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): (\$360.00) Ages 6-9 years + 8-12 years (\$414.00). This program focuses on the basics of gymnastics related to free running and climbing 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: (\$888.00- 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, \$444.00 format as well and registration is open to everyone. See schedule below for details.**

Adaptive Gymnastics: (\$312.00) All Ages. The program is geared towards individuals with developmental disabilities. This class will be offered at off-peak times 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.

Beginner Tumbling 324.00) Ages 7-12. Participants will receive instruction on key skills, including cartwheels, handstands, round-offs, and both back and front walkovers.

Intermediate Tumbling (\$324.00) Ages 7-12. Participants will work on more advanced skills, including front handsprings, back handsprings, and round-off back handsprings. In addition, students may have the opportunity to work on aerials, dive rolls, and other skills tailored to their interests.

KINGSTON GYMNASTICS CLUB PAYMENT POLICY: Payment is due at the time of registration. We accept Cash, Cheque, Visa and MasterCard. An annual \$42.00 Gymnastics Ontario and Club Fee is payable once per year (valid July 1, 2025 to June 30, 2026). This fee is non-refundable. Refunds and Credits for programs are only given upon request; please emailing info@kingstongymnasticsclub.com. All refunds are less the \$42 GO Fee and the elapsed classes. We reserve the right to cancel and combine classes based on registration.



Winter 2026 Recreational Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ages 6 and under							
Babynastics (8-15 months)			9:30-10:15	9:30-10:15		8:45-9:30	
Tall & Small (16 months - 3 years, with a parent)			9:30-10:30 10:30-11:30 11:30-12:30 4:15-5:15 5:15-6:15	9:30-10:30 10:30-11:30 11:30-12:30		8:45-9:45 10:00-11:00	8:30-9:30 9:30-10:30 11:30-12:30
Kindergym (3-5 years)			9:30-10:30 10:30-11:30 11:30-12:30 4:15-5:15 5:15-6:15	10:30-11:30 11:30-12:30		8:45-9:45 10:00-11:00 11:15-12:15	8:30-9:30 9:30-10:30 10:30-11:30 11:30-12:30
Advanced Kindergym *INVITE ONLY (4-6 years)			5:15-6:45				10:30-12:00
Ninjastics (5-6 years)			4:15-5:15			10:00-11:00	9:30-10:30
Recreational Juniors (5-6 years)			4:15-5:15			8:45-9:45 10:00-11:00 11:15-12:15	8:30-9:30 9:30-10:30 11:30-12:30
Ages 6 to 9							
Girl's Recreational (6-9 years)			4:15-5:15 5:15-6:15			8:45-9:45 10:00-11:00 11:15-12:15	8:30-9:30 10:30-11:30 11:30-12:30 1:00-2:30
Ninjastics (6-9 years)			5:15-6:15			11:15-12:15	10:30-11:30
Ages 7 and up, and other							
Girl's Recreational (7-12 years) 90 min			6:30-8:00			1:00-2:30	1:00-2:30
Girl's Advanced Recreational (7-12 years) 2 hours			6:15-8:15			1:00-3:00	
Ninjastics (8-12 years)			6:30-8:00				
Girls Advanced Rec (7-12 years) 4 hours				6:00-8:00		1:00-3:00	
Beginner Tumbling (7-12 years)						11:15-12:15	
Intermediate Tumbling (7-12 years)			6:45-7:45				
Adaptive Gymnastics (all ages)						3:00-4:00	
Adult Gym (18+)			7:45-8:45				

***As of October 29, 2025 - Subject to Change**