

SPRING 2009 Classes

Beginner Gymnastics for Young Children

MiniGym

Ages: 2-3 years old **Class Length:** 45 minutes **Cost:** \$135

Children will participate in fun gymnastics circuits and learn a variety of gymnastics movements on mini versions of vault, uneven bars, balance beam and floor exercise.

**Children must be accompanied by a parent/guardian over 18 years of age.*

Monday & Wednesday 5:15 / 6:15
Wednesday 9:30 / 10:30 / 11:30 / 1:15
Tuesday or Thursday 9:30 / 10:30
Saturday or Sunday 9:15, 10:15, 11:15

KinderGym

Ages: 3-5 years old **Class Length:** 1 hour **Cost:** \$150

This is an introduction to gymnastics movements and skills for young children. This is a beginner class, where fun and safety is the learning focus.

Monday 5:00, 6:00
Tuesday-Thursday 9:15, 10:15, 1:00, 2:00, 5:00, 6:00
Saturday or Sunday 9:00, 10:00, 11:00

Girls Recreational Gymnastics Classes

Children will focus on mastering skills on vault, uneven bars, balance beam and floor exercise based on their previous experience at our facility. Children will be tested and receive a report card at the end of the term based on our progression system.

Level: All Levels **Class Length:** 1.5 hours **Cost:** \$170

Girls Gymnastics: Ages: 5-9 years old

Monday – Friday 5:30 / 6:00 / 7:30
Saturday or Sunday 9:00 / 10:30 / 12:30 / 2:00

Ages: 9+ years old

Monday- Friday 6:00/ 7:30
Saturday or Sunday 9:00 / 10:30 / 12:30 / 2:00

Advanced Girls Gymnastics

Ages: 5+ **Class Length:** 2 hours **Cost:** \$220
Level: 8+

Monday-Friday 7:00
Saturday or Sunday 12:30

Boys Recreational Gymnastics Classes

Children will focus on mastering skills on vault, floor, parallel bars, high bar, rings and pommel horse. Children will be tested and receive a report card at the end of the term based on our progression system.

Level: All Levels **Class Length:** 1.5 hours **Cost:** \$170

Boys Gym : Ages: 5-9 years old

Monday –Friday 6:00
Saturday 9:00 / 10:30 / 12:30

Ages: 9+ years old

Monday-Friday 7:30
Saturday 2:00

Trampoline Classes

Children will learn to master trampoline skills using a variety of equipment. Trampoline classes will involve off-trampoline work to master the levels in our progression system.

Level: All Levels **Class Length:** 1.1/4 hours **Cost:** \$165

Trampoline: Ages 8+ years old

Monday-Friday 5:00 / 6:15 / 7:30
Saturday 9:15 / 10:30 / 12:30 / 1:45

Teen & Adult Gymnastics

Teens and adults will be able to master gymnastics skills in a safe and less structured environment.

Level: All Levels **Class Length:** 2 hours **Cost:** \$200

Teen/Adult Gym: Ages 13+ years old
Tuesday or Thursday 7:30

Gymnastics Mississauga Term 3 – Spring 2009

CLUB POLICIES

1. Classes are subject to cancellation and/or rescheduling.
2. Verbal confirmation will be given upon space available and receipt of payment.
3. Refunds are only given up to two weeks prior to the start of a term. A \$15 service charge applies to all refunds.
4. Credit notes will be given from two weeks prior to the start of the term, until the third week of classes. After the third class there are no credit notes given. Credit notes do not expire. A **\$20 non-refundable annual fee** for membership and insurance will be applied. Our year runs from July 1, 2008 to June 30, 2009.
5. We accept Visa, Mastercard, Debit and currently-dated cheques. Cheques should be made payable to Gymnastics Mississauga. There is a \$25 service charge for NSF cheques.
6. Makeup classes are not available in order for us to maintain a coach-athlete ratio.
7. Children must be the correct age for the selected program within 30 days before the start date of the term.

ATTIRE

Children can wear a gymnastics leotard or stretchy shorts and a fitted T-shirt. Children must be barefoot for all gymnastics classes. Children participating in trampoline classes can wear clean socks. Long hair must be tied-back.

REGISTRATION

If your child has previous gymnastics experience, please bring a report card with you when you register to ensure that the registration process is efficient and that they are placed in the correct class.

TERM 3 - (10 WEEKS)

DAY	START DATE	END DATE
Monday	April 6	June 15
Tuesday	April 7	June 9
Wednesday	April 8	June 10
Thursday	April 9	June 11
Friday	April 17	June 19
Saturday	April 18	June 27
Sunday	April 19	June 28

No classes: Victoria day Weekend May 16,17 & 18

Gymnastics Mississauga
@ Hershey SportZone
5600 Rose Cherry Place
Mississauga, ON L4Z 4B6

Telephone: (905) 270-6161 | **Fax:** (905) 270-5135 |

Email: janet@gymmississauga.org | **Web Site:** www.gymmississauga.org



Term 3: Spring 2009

Recreational Gymnastics Programs

Registration Begins: February 17, 2009