

SPRING TERM 2019

April 13 - June 24

10 WEEK TERM

TUMBLE BUGS | From 18 months to three years of age, Kingswood Gymnastics' Tumble Bugs (Parent & Tot) classes teach children gross motor skills and patterns that will form a foundation for their continued development and success in any physical activity. Children will acquire important social skills such as turn-taking and interaction with other children and adults - all in an exciting, upbeat, and encouraging learning environment. It's a great way to make lasting friendships for both children and parents!

18 MO - 3 YRS
45 MIN / CLASS

3 pmts of \$67
or \$201 / term

TUMBLE BUNNIES | With an emphasis on independence and self-exploration, our Tumble Bunnies classes are the second step in Kingswood Gymnastics' Educational Gymnastics program. Tumble Bunnies begin to refine movements and basic skills, yet still at an introductory level so even the first-time gymnast feels comfortable in his or her abilities. Children will improve their balance, spatial awareness, flexibility, self-confidence, and - best of all - have fun!

3 YRS
60 MIN / CLASS

3 pmts of \$72
or \$216 / term

TUMBLE BEARS | Our Tumble Bears classes take the skills that gymnasts learned in Tumble Bugs and Tumble Bunnies and prepares them for the progression to Kingswood Gymnastics' Recreational program, which follows the highly accredited Gymnastics Canada CANGYM system. Children will acquire a more advanced understanding of body awareness and spatial orientation, essential to any sport or activity.

4-5 YRS
75 MIN

3 pmts of \$89
or \$267 / term

ADVANCED TUMBLE BEARS | For gymnasts who are 5 years old, have attended a minimum of one session of Tumble Bears, and have Mastered the skills in our Tumble Bears curriculum, Kingswood Gymnastics is now offering our new Advanced Tumble Bears class. This class is designed to further challenge and enhance each gymnast's abilities and prepare them for our Recreational CANGYM series of classes.

5 YRS
75 MIN / CLASS

3 pmts of \$89
or \$267 / term

FAMILY OPEN GYMNASTICS | For those families looking for the fun and excitement of our gymnastics facility but without the commitment of weekly classes, our Family Open Gymnastics is available for children 1.5 yrs to 12 yrs of age. Please note that a parent must accompany each child and due to new insurance regulations, no trampoline use is permitted during Open Gyms.

18 MO - 12 YRS
60 MIN WED

\$8.50/CHILD

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	SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
TUMBLE BUGS	-	-	-	9:00 AM 5:30 PM 6:15 PM	-	-	9:00 AM 9:45 AM 10:45 AM 11:30 AM
TUMBLE BUNNIES	2:00 PM	-	-	4:30 PM 5:30 PM	-	-	9:15 AM 10:15 AM 11:15 AM 1:30 PM 2:30 PM
TUMBLE BEARS	1:30 PM 2:45 PM	-	-	4:45 PM 6:00 PM 6:30 PM	-	-	8:45 AM 10:00 AM 11:15 AM 1:45 PM 3:00 PM
ADV TUMBLE BEARS	12:45 PM 3:00 PM	-	-	5:00 PM 6:15 PM	-	-	9:45 AM 11:00 AM 3:30 PM
FAMILY OPEN GYM	-	-	-	11:00 - 12:00 12:30 - 1:30	-	1:00 - 2:00	12:30 - 1:30

Classes subject to change depending upon registration. Prices do not include annual membership, insurance fees, or taxes.

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RECREATIONAL | From ages 6 and up, our Recreational Girls' and Boys' classes will introduce children to gymnastics through safe, fun, and challenging progressions and skills. Emphasis will be placed on skills found in Levels 1 to 4 of the CANGYM program. Instruction by coaches will include all apparatus with age-appropriate and stimulating circuits. Co-Ed classes will be geared toward apparatus commonly performed in Women's Artistic Gymnastics such as Balance Beam and Uneven Bars. Boys' (B) classes will feature instruction on apparatus specific to Men's Artistic Gymnastics such as Pommel Horse, Still Rings, and Parallel Bars.

6 YRS +
90 MIN / CLASS

3 pmts of \$103
or \$309 / term

ADVANCED RECREATIONAL | Kingswood Gymnastics' Advanced Recreational classes offer the developing gymnast the perfect challenge. Instruction by coaches will focus on skills found in Levels 5+ in the CANGYM program. Co-Ed classes will be geared toward apparatus commonly performed in Women's Artistic Gymnastics such as Balance Beam and Uneven Bars. Whether solely for fun, or as a stepping stone to our Pre-Competitive / Competitive program, our Advanced Recreational program promises to be exciting and beneficial to your gymnast's development in sport and in life.

6 YRS +
120 MIN / CLASS

3 pmts of \$120
or \$360 / term

DEVELOPMENTAL / JO1 | Designed for girls that have progressed through our Advanced Recreational program or for those looking for even more of a challenge, this class is a perfect fit. Instruction is geared toward more advanced skills and training techniques that are a stepping stone to our Pre-Competitive / Competitive program, or for the gymnast who looks to continue but without the commitment of a Pre-Competitive class.

6 YRS +
120 MIN X 2

3 pmts of \$158
or \$474 / term

TRAMPOLINE | Our Trampoline program will teach your child the basics and fundamentals of trampolining in a safe and controlled environment by qualified coaches. Starting with shape-jumps and progressing to forward saltos (flips) on trampoline. Instruction by coaches will focus on safety and proper technique. Elevate and heighten your child's coordination, balance, and spatial awareness through their excitement and thrill of trampoline sports.

8 YRS +
60 MIN / CLASS

3 pmts of \$72
or \$216 / term

TUMBLING | A Co-Ed class for those wishing to learn or refine basic tumbling skills from cartwheels to handsprings and saltos.

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	SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
GIRLS RECREATIONAL	1:30 / 3:00	-	-	1:30 / 3:00 4:30 / 5:00 6:00 / 6:30	-	-	9:15 / 10:45 1:45 / 3:15
GIRLS ADVANCED RECREATIONAL	1:00 / 3:00	-	-	4:15 / 6:15	-	-	8:30 / 10:30 1:30 / 3:30
DEVELOPMENTAL	-	-	5:30	-	5:30	-	-
BOYS RECREATIONAL	2:00	-	-	5:00 6:30 (Adv)	-	-	9:00
INTRO TRAMPOLINE	1:00	-	-	-	-	-	10:30 / 11:30 1:30 / 2:30
ADVANCED TRAMPOLINE	2:00	7:00	-	-	-	-	3:30
TUMBLING	-	-	-	-	8:00	-	-

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