

KINGSTON GYMNASTICS CLUB CLASS SCHEDULE 2018-2019; Last Updated December 4, 2018
Winter Session: January 7 to April 28 (15 weeks); Page 1 of 2

8 to 15 months, with a parent				
Babynastics: 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.				
Monday		Length	Single	Session
9:15 to 10:00		45 Min	\$5 / class	\$75 / 15 wks

12 months to 3 years, with a parent						
Tall & Small FUNDamentals: This program introduces toddlers to the sport of gymnastics. The goal of this program is to have FUN while fostering enjoyment of the sport.						
Monday	Wednesday	Saturday	Sunday	Length	Single	Session
9:00 to 10:00 10:00 to 11:00	4:00 to 5:00	9:00 to 10:00 11:00 to 12:00	9:00 to 10:00 10:00 to 11:00 12:00 to 1:00	60 Min	Mon AM Only \$11	\$165 / 15 wks
Tall & KEENER Small: While maintaining the importance of fun and play, this class has a greater focus on gymnastics skill development. These toddlers may be more experienced, independent, and/ or show a greater interest in the sport.						
Tuesday	Saturday	Sunday	Length	Session		
4:30 to 5:30	10:00 to 11:00 11:00 to 12:00	9:00 to 10:00	60 Min	\$165 / 15 wks		

3 to 5 years, independent classes								
Kindergym FUNDamentals: This program introduces children to the sport of gymnastics. The goal of this program is to have FUN while fostering enjoyment of the sport.								
Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday	Length	Single	Session
10:00 to 11:00 11:00 to 12:00	5:30 to 6:30	4:00 to 5:00 5:00 to 6:00	5:30 to 6:30	9:00 to 10:00 10:00 to 11:00 11:00 to 12:00	9:00 to 10:00 10:00 to 11:00 11:00 to 12:00	60 Min	Mon AM Only \$16	\$240 / 15 wks
<i>Running at the same time as our age Adult Fitness class, our goal is to provide a convenient option for parents who may not otherwise find time in their day to work on their own physical fitness.</i>								
KEENER Kindergym: While maintaining the importance of fun and play, this program has a greater focus on gymnastics skill development. These toddlers may be more experienced, independent, and/ or show a greater interest in the sport.								
Tuesday	Wednesday	Saturday	Sunday	Length	Session			
4:30 to 5:30	5:00 to 6:00 6:00 to 7:00	9:00 to 10:00 10:00 to 11:00 11:00 to 12:00	9:00 to 10:00 10:00 to 11:00	60 Min	\$240 / 15 wks			

5 to 6 years, independent classes				
Ninjastics: An introductory class for young Ninja's to begin their training in our one-of-a-kind KGC Ninjastics Level System.				
Saturday	Length	Session		
9:00 to 10:00 10:00 to 11:00 11:00 to 12:00	60 Min	\$300 / 15 wks		
Recreational Juniors: This program is 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.				
Wednesday	Saturday	Sunday	Length	Session
5:00 to 6:00	10:00 to 11:00 11:00 to 12:00	11:00 to 12:00	60 Min	\$255 / 15 wks

6 to 9 years, independent classes						
Girls Recreational FUNDamentals: New / Levels 1-4 in the KGC Girls Recreational Level System. The goal of this program is to have FUN while fostering enjoyment of the sport.						
Wednesday	Saturday	Sunday	Length	Session		
4:00 to 5:00 5:00 to 6:00 6:00 to 7:00	11:00 to 12:00 12:30 to 2:00	11:00 to 12:00 12:00 to 1:00	60 Min 90 Min	\$270 / 15 wks \$382.50 / 15 wks		
Girls KEENER Recreational: New / Levels 1 through 4 in the KGC Girls Recreational Level System. This program has a greater focus on gymnastics skill development.						
Tuesday	Wednesday	Thursday	Saturday	Sunday	Length	Session
5:30 to 6:30	6:00 to 7:00 7:00 to 8:30	4:00 to 5:30 5:30 to 6:30	11:00 to 12:00 12:30 to 2:00	11:00 to 12:00 12:00 to 1:00	60 Min 90 Min	\$270 / 15 wks \$382.50 / 15 wks
Girls INTENSIVE Recreational: By Invite/Tryout Only; This is a fast-track program for talented children who are new to gymnastics, which will allow them to progress more quickly with other children with similar physical/mental abilities. Following this program, participants might move into Intermediate/Advanced Recreational or request a tryout for a Competitive team.						
Monday	Length	Session				
5:00 to 7:00	Please contact us for an assessment: kgcrecdirector@gmail.com	120 Min \$429 / *13 wks *Holidays				
Girls Intermediate Recreational: Open to participants working Levels 5 through 8 in the KGC Girls Recreational Level System.						
Length	Session					
Please Contact: kgcrecdirector@gmail.com	90 Min \$382.50 / 15 wks					

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6 to 9 years, independent classes (continued)					
Boys Recreational: KGC is excited to bring back a general Boys Gymnastics class to encourage gymnastic skill development while focusing on the mental and physical benefits on the sport.					
	Tuesday			Length	Session
	5:30 to 6:30			60 Min	\$270 / 15 wks
Ninjastics: This program focuses on the basics of gymnastics related to free running and parkour movements. Participants will develop strength, flexibility, coordination and body awareness.					
		Thursday	Saturday	Length	Session
		5:30 to 7:00	12:30 to 2:00	90 Min	\$397.50 / 15 wks
Tumbling: Strength and flexibility exercises along with drills on floor, trampoline, and Tumb Trak are incorporated into this program. Open to all levels.					
Please Contact: kgcrecdirector@gmail.com					

9 to 12 years, independent classes						
Girls Recreational FUNDamentals: New / Levels 1 through 4 in the KGC Girls Recreational Level System						
		Wednesday		Length	Session	
		7:00 to 8:00		60 Min	\$270 / 15 wks	
Girls KEENER Recreational: New / Levels 1 through 4 in the KGC Girls Recreational Level System						
	Tuesday	Wednesday	Saturday	Length	Session	
	6:30 to 7:30	7:00 to 8:30	12:30 to 2:00 2:00 to 3:30	60 Min 90 Min	\$270 / 15 wks \$382.50 / 15 wks	
Girls Intermediate Recreational: Open to participants working Levels 5 through 8 in the KGC Girls Recreational Level System.						
	Tuesday		Thursday	Saturday	Length	Session
	6:30 to 8:00		6:30 to 8:30	2:00 to 3:30	90 Min 120 Min	\$382.50 / 15 wks \$495 / 15 wks
Girls Advanced Recreational: Open to participants working Levels 8+ in the KGC Girls Recreational Level System.						
	Tuesday			Length	Session	
	6:30 to 8:30			120 Min	\$495 / 15 wks	

Boys Recreational: KGC is excited to bring back a general Boys Gymnastics class to encourage gymnastic skill development while focusing on the mental and physical benefits on the sport.					
TBD - Please Contact kgcrecdirector@gmail.com with your interest & availability / to be added to the contact list.					
Ninjastics: This program focuses on the basics of gymnastics related to free running and parkour movements. Participants will develop strength, flexibility, coordination and body awareness.					
		Thursday	Saturday	Length	Session
		7:00 to 8:30	2:00 to 3:30	90 Min	\$397.50 / 15 wks
Tumbling: Strength and flexibility exercises along with drills on floor, trampoline, and Tumb Trak are incorporated into this program. Open to all levels.					
		Wednesday		Length	Session
		6:30 to 7:30		60 Min	\$300 / 15 wks

13 to 17 years					
Structured Gymnastics: This program is Coach-Led and geared towards all abilities - new to gymnastics or previous recreational or competitive athletes. Everyone is welcome.					
		Wednesday		Length	Session
		7:30 to 8:30		60 Min	\$225 / 15 wks
Adaptive Gymnastics: 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.					
			Sunday	Length	Session
			3:00 to 3:45 4:00 to 5:00	45 Min 60 Min	\$240 / 15 wks

18 years+						
Open Gym: Supervised by qualified coaches, with the freedom to work on skills of choice. Coaches are available to assist as needed/desired.						
		Thursday		Length	Single	Session
		8:30 to 9:30		60 Min	\$10	\$150 / 15 wks
Adult Fitness: Running at the same time as our age 3-5 Kindergym class, our goal is to provide a convenient option for parents who may not otherwise find time in their day to work on their own physical fitness. Join us for unique strength/cardio workout involving body weight exercises and incorporating some of the gymnastics equipment.						
Monday				Pre-Registration Required. \$15 per class \$30 total for both Kindergym Drop-In and Adult Fitness Drop-In		
11:00 to 12:00						

KINGSTON GYMNASTICS CLUB PAYMENT POLICY: 1. Payment is due at time of registration. We accept Cash, Cheque, Visa and MasterCard. 2. Annual \$30.00 Gymnastics Ontario and Club Fee is payable once per year (July 1, 2017 to June 30, 2018). **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 \$30 Fee and the elapsed classes. We reserve the right to cancel and combine classes based on registration. Note: Winter Class Fees will be discounted for holiday closures - Monday classes due to Family Day on February 18 and Easter on April 22, and all classes during the week of March Break, from the 11 to 17.