

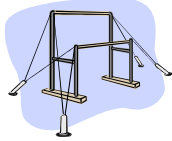
## Program Description

### Parent & Tot 18mths – 3yrs

This is a special time for parents to spend time in a great environment with their child. Focus on fun, fitness and fundamentals under the guidance of a certified coach.

### Kindercise 31/2 yrs–41/2 yrs

This is a great structured program that introduces your child to gymnastics. It focuses on the dominant movement patterns with creative circuits specialized for this age group.



### Jr.Cise 41/2– 6yrs Beg/Adv levels

Creative circuits, structure & independence is what this program is about. Developing strength, flexibility and balance in a fun & safe environment.

### Elite Jr.Cise 4 ½ -6yrs

Is for 5 & 6 year olds who show above average athletic ability for their age. This program prepares young athletes for entrance into Pre-Competitive or Interclub Levels. They train 1.5 hrs a week.

### Ask about our Competitive Programs!



### Boys & Girls ages 6 & up

Fun and challenging is what our recreational program is all about. Exciting group warm ups and innovative event\*circuit training to develop skills for our level system.



### Teen/Masters ages 11 & up

Teens come out and socialize and get fit too! Develop self-esteem, confidence, strength & flexibility. Masters is for the older advanced gymnast.

### Achievement

For the Level 6 & up advanced gymnast. Need more challenge? This is the program for you. \*Must be pre-selected.

### Trampoline & Tumbling Ages 5yrs & up

Have fun on our 40ft long tumble trak! If you love to jump around and want to develop more skills in a safe environment while working on the level system, give this program a try.

### Dance & Gym ages 5 – 10yrs

Develop rhythm & posture while under the guidance of our certified dance and gym instructor. Then spend some time in the gym working on one of our innovative circuits.

### Watch for our Fall Programs!

Program	Day	Times
<b>P&amp;T</b>	Mon	10-10:45
<b>18mths-3yrs</b>	Tues	10-10:45
<b>Kindercise</b>	Mon	11-11:45
<b>31/2-41/2yrs</b>	Tues	11-11:45
	Wed	10-10:45
	Thurs	10-10:45
<b>Jr.Csie</b>		
<b>41/2-6yrs</b>	Tues	5 - 6
	Wed	11 – 12/5- 6
	Thurs	11-12/5-6
<b>Boys Rec</b>	Mon Jr.	5-6:30
	Mon Sr.	6:30-8
<b>Tramp &amp; Tumble</b>	Tues 5-7yrs	6 – 7pm
	Tues 6 – 10yrs	7 – 8pm
<b>Dance &amp; Gym</b>	Tues Jr.	5-6
	Tues Sr.	6-7:30
<b>Girls Rec</b>		
	Mon	5-6:30/6:30-8
	Tues	6-7:30
	Wed	5-6:30
	Teen/Mas	6:30-8
	Thurs	5-6:30
	Adv.	6:30-8
<b>Achieve.</b>	Mon	5-8

## Price List

### 6 weeks summer

Parent & Tot	\$55.00
Kindercise	\$58.00
Jr.Cise	\$65.00
Elite JC	\$92.00
Girls /Boys Rec	\$87.00
Teen Gym	\$87.00
Masters	\$87.00
Tramp & Tumble	\$65.00
Dance & Gym 1hr	\$65.00
Dance & Gym 1.5hrs	\$87.00
Achievement	\$157.00

### Fall 12 week Price List

Parent & Tot	\$110.25
Kindercise	\$115.50
Jr.Cise	\$126.00
Elite Jr.Cise	\$183.75
Girls Rec	\$173.25
Boys Rec	\$173.25
Teen Gym	\$173.25
Masters Gym	\$178.25
Tramp & Tumble	\$126.00
Dance & Gym 1hr	\$126.00
Dance & Gym 1.5hrs	\$173.25
Achievement	\$315.00

### **Refunds issued with medical note only.**

\$5 discount for 2<sup>nd</sup> child, \$10 for 3<sup>rd</sup>,  
\$15 for 4<sup>th</sup>.

Prices subject to 5% GST

\$25 Gymnastics Ontario annual  
Insurance Fee.

Summer July & Aug /08

Fall Sept – Dec/ 08

Winter Jan – Mar /09

(closed for march break)

Spring Mar– June/08

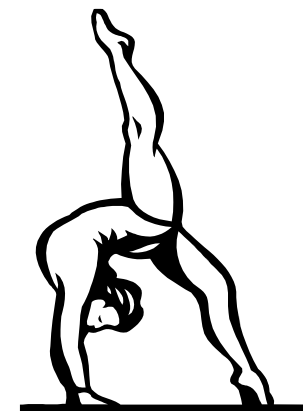
**Clarington Gymnastics Academy is a privately Canadian owned and operated gymnastics club that is located in a 10,000 sq.ft bright clean facility located just off the 401 Liberty St. Exit.**



**There is a potential risk for injury involved in training & participating in any sport. Both Clarington Gymnastics and Gymnastics Ontario have tried to create a safe & controlled environment for each participant. Rules have been established and must be followed.**

**Visit us at:  
[www.clargym.com](http://www.clargym.com)**

# Clarington Gymnastics Academy



**2009  
Summer  
Programs**

**Members of Gymnastics  
Ontario**

**422 Lake Rd Bowmanville ON  
L1C 2P8**

**[www.clargym.com](http://www.clargym.com)**

**905-623-4882**