

Recreational Program

Descriptions

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.

Private Lessons

Is your son or daughter involved in a sport that requires specific skills to perfect for a special routine? Then a private lesson is what you are looking for. Please contact the office to book your lesson.

Open Gym - ages 14 + come try it out!

Cheerleading ages 7- 16yrs

Recreational cheerleading is a perfect Introduction to the world of all-star cheerleading.

Girls Rec 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.

Teens

ages 11 & up

Teens come out and socialize and get fit too! Develop self-esteem, confidence, strength & flexibility.

Adv.Rec 1.5 hrs - 3 hrs/wk

Achievement

For the Level 6 & up advanced gymnast. Need more challenge? This is the program for you.

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 - 16yrs

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.

Competitive Programs Available upon testing and acceptance

www.clargym.com

Three ways to register:

- 1. online**
- 2. over the phone**
- 3. in person**

Price List

Program	Day	Times
P&T	Mon	10-10:45
18mths-3yrs	Tues	10 - 10:45
	Sat	9:00 - 9:45
	Sat	10 - 10:45
Kindercise 31/2-41/2yrs	Mon	11-11:45
	Tues	10:30-11:15
	Wed	10-10:45
	Thurs	10-10:45
Kindercise Jr.Cise	Sat	11 - 11:45
	Mon	11-11:45
	Mon	5 - 6
41/2-6yrs	Tues	11:30-12:30/ 5-6
	Wed	11-12/5-6
	Thurs	11-12
Girls Rec	Sat	12:30 - 1:30
	Mon	6 -7:30
	Tues	6-7:30
	Wed	5-6:30
	Teen	6:30-8
	Thurs	5-6:30/6:30-8
Achieve. Cheerleading	Thurs	6:30-8
	Thurs Adv.	6:30-8
	Sat	1:30 - 3:00
	Mon	5-8
Tramp & Tumble	Tues mini 5/6yrs	5 - 6
	Tues yth 7 -16yr	6 - 7:30
Dance & Gym	Thurs Jr. 5 - 9 yrs	6 - 7
	Thurs Sr. 10yrs+ up	7 - 8
Open Gym	Tues Jr.	5 - 6
	Tues Sr.	6 - 7:30
Open Gym	Thurs	6 - 7:30

12 weeks Spring/Fall

Parent & Tot	\$110.75
Kindercise	\$115.50
Jr.Cise	\$126.00
Girls Rec	\$173.25
Teen Gym	\$173.25
Tramp & Tumble	\$126.00
Dance & Gym 1hr	\$126.00
Dance & Gym 1.5hrs	\$173.25
Achievement(3hrs)	\$315.00
Cheerleading(1hr)	\$126.00
Cheerleading(1.5hrs)	\$173.25
Open Gym	\$15/time

10 weeks-Winter

Parent & Tot	\$100.00
Kindercise	\$105.00
Jr.Cise	\$115.00
Girls /Boys Rec	\$165.00
Teen Gym	\$165.00
Tramp & Tumble	\$115.00
Dance & Gym 1hr	\$115.00
Dance & Gym 1.5hrs	\$165.00

*Refunds issued with medical note only. Credits exps after 8 mths.

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

Prices subject to 13% HST

\$25 Gymnastics Ontario Annual Insurance Fee.

Fall Sept 13th- Dec 13/10

Winter Jan 11th - Mar 22/11

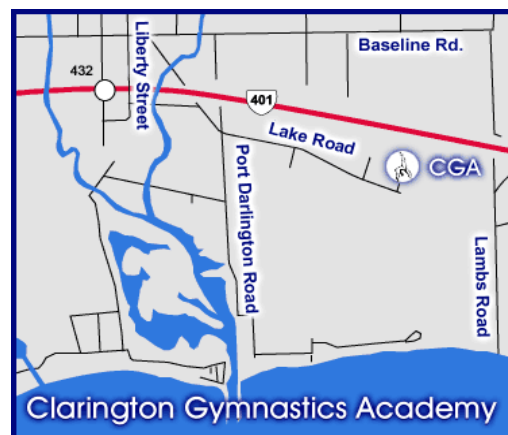
(closed for march break)

Spring Mar 29- June 21/11

Clarington Gymnastics Academy is a privately 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.

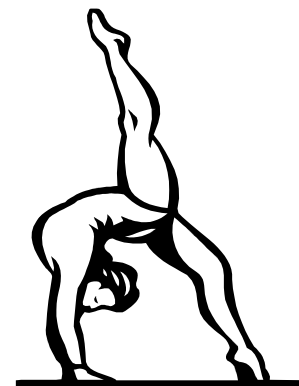
There is a potential risk for injury involved in training & participating in any sport. Both Clarington Gymnastics and Gymnastics Ontario have tried to create a safe & controlled environment for each participant. Rules have been established and must be followed.

Visit us at:



www.clargym.com

Clarington Gymnastics Academy



2010 - 2011
Fall - Spring
Programs

Members of Gymnastics Ontario

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www.clargym.com

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