



805 Victoria St. S Kitchener
519-743-4970
info@kwgymnastics.ca
www.kwgymnastics.ca

No Classes:
May 19-26
We are hosting
Nationals!
Come Watch!

Girls Classes - Spring 2018

	Mon	Tues	Wed	Thu	Fri	Sat	Sun
First Class	May 7	May 1	May 2	May 3	May 4	May 5	May 6
Last Class	June 18	June 19	June 20	June 21	June 22	June 23	June 17
*PRICES DO NOT INCLUDE ANNUAL \$35 G.O. FEE							

Registration Starts February 27th

Class/Day		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GIRLS RECREATION								
6-8 Years: Beginner (Level 1-3) An introductory class for girls focusing on the basic movement patterns.	Ratio 8:1 Length: 90min	4:30 4:45 6:15 6:45 \$125	1:30 ^{HS} 4:30 6:15 \$140	4:30 \$140	4:45 5:00 6:15 6:45 \$140	4:30 6:30 \$140	9:30 9:45 10:15 11:15 3:00 \$125	1:00 \$125
6-8 Years: Intermediate (Level 4-6) This program focuses on skill development, co-ordination, body awareness, strength, conditioning and flexibility	Ratio 8:1 Length: 90min	4:30 6:15 6:30 \$125	4:30 6:30 \$140	4:30 \$140	4:30 5:00 6:30 \$140	5:30 \$140	11:30 1:00 1:15 \$125	11:15 \$125
9-12 Years: Beginner (Level 1-3) An introductory class for girls focusing on the basic movement patterns.	Ratio 8:1 Length: 90min		4:30 6:15 \$140	6:15 \$140	4:30 \$140	4:45 \$140	11:30 1:15 2:00 \$125	
9-12 Years: Intermediate (Level 4-6) This program focuses on skill development, co-ordination, body awareness, strength, conditioning and flexibility	Ratio 8:1 Length: 90min	5:00 6:45 \$125	4:45 6:45 \$140	6:15 \$140	6:15 6:45 \$140	6:15 7:15 \$140	9:45 3:00 \$125	10:45 1:00 \$125
13-16 Years: Beg/Int (Level 1-6) This program focuses on skill development, co-ordination, body awareness, strength, conditioning and flexibility for our older beginner and intermediate athletes.	Ratio 8:1 Length: 90min		5:00 \$140					
10-16 Years: Advanced (Level 7-10) An advanced gymnastics class for girls level 7 or higher. In office registration only to ensure only high level athletes are included in this class.	Ratio 8:1 Length: 120min			5:00 7:15 \$190			1:30 3:45 \$170	
8-12 Years: Advanced (Level 7-10) In Office Registration Only.							11:00 \$170	
10-16 Years: Senior Advanced (Level 10+) INVITE ONLY PROGRAM	Ratio 8:1 Length: 3hrs	4:30 \$255						

How to Register

Online

www.kwgymnastics.ca/registration
(Visa or MasterCard)

In person at the office

(Visa, MC, Debit, Cash or Cheque)



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Boys Classes - Spring 2018

	Mon	Tues	Wed	Thu	Fri	Sat	Sun
First Class	May 7	May 1	May 2	May 3	May 4	May 5	May 6
Last Class	June 18	June 19	June 20	June 21	June 22	June 23	June 17
*PRICES DO NOT INCLUDE ANNUAL \$35 G.O. FEE							

Registration Starts February 27th

Class/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BOYS RECREATION							
6-8 Years: Beginner (Level 1-3) An introductory class for boys between the levels of 1 and 3. Boys will participate on all of the apparatus including, high bar, parallel bars, vault, floor and rings	Ratio 8:1 Length: 90min	1:30 *HS \$140	4:30 \$140			10:15 12:00 \$125	10:45 12:30 \$125
6-8 Years: Intermediate (Level 4-6) An intermediate class for boys between the levels of 4 and 6. Boys will participate on all of the apparatus including, high bar, parallel bars, vault, floor pommels and rings.	Ratio 8:1 Length: 90min	6:15 B/I \$140	4:30 \$140			12:45 \$125	
9-12 Years: Beginner (Level 1-3) An introductory class for boys between the levels of 1 and 3. Boys will participate on all of the apparatus including, high bar, parallel bars, vault, floor and rings	Ratio 8:1 Length: 90min		6:15 \$140			2:30 Beg/ Int \$125	
9-12 Years: Intermediate (Level 4-6) An intermediate class for boys between the levels of 4 and 6. Boys will participate on all of the apparatus including, high bar, parallel bars, vault, floor pommels and rings	Ratio 8:1 Length: 90min		6:15 \$140				
8-15 Years: Advanced (Level 7+) This program is intended for gymnasts who have mastered the basics. Participants will learn advanced gymnastics skills	Ratio 8:1 Length: 120min						2:30 \$170
Teen Boys Fitness A program for boys 13-16 to improve their overall fitness. Boys will be working on their strength and flexibility though gymnastics skills and conditioning.	Ratio 8:1 Length: 45 min	7:45 \$65					

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Preschool Classes - Spring 2018

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First Class	May 7	May 1	May 2	May 3	May 4	May 5	May 6
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Registration Starts February 27th

Class/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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BABYNASTICS AND PARENT AND TOT (Parent and Child)

8-12 Months (Babynastics) A great bonding experience for parent and baby as they discover freedom through movement, balance and strength using modified gymnastics equipment!	Ratio 6:1 Length: 30min	11:10 \$55						
12-18 Months (Babynastics) Toddlers are introduced to basic movement patterns with the help of their parent. Toddlers will have fun rolling, bouncing, swinging and balancing and enjoy parachute games.	Ratio 6:1 Length: 30min	9:45 \$55			9:30 \$65			9:15 \$55
18-24 Months (Parent and Tot) Toddlers with the help of a parent continue to work on their gross motor skills and body awareness. Toddlers will work on rolling, swinging, jumping, on ropes and bars and modified equipment.	Ratio 8:1 Length: 45min		10:20 \$75	9:30 \$75	11:10 \$75	10:20 \$75	9:00 10:40 \$65	10:20 \$65
2-3 Years (Parent and Tot) Parent and child move through circuits encompassing all of the various pieces of equipment. Circuits emphasize fundamental movement patterns and start to build the child's confidence and independence.	Ratio 8:1 Length: 45min	10:20 \$65	9:30 11:10 \$75	10:20 \$75	10:20 \$75	9:30 4:30 5:20 \$75	9:00 9:50 10:40 11:30 \$65	11:10 2:40 3:30 \$65

KINDERGYM (Child Only)

3-5 Years: Co-ed Children will be given the opportunity to learn basic gymnastics through circuits and stations. The class will also work on life skills including waiting your turn, lining up and being respectful of others.	Ratio 6:1 Length: 45min	9:30 10:20 \$65	9:30 10:20 1:30* HS \$75	9:30 10:20 \$75	9:30 10:20 1:30 \$75	9:30 10:20 \$75		
3 Years: Co-Ed An independent class for 3 year olds. Children are guided through circuits to develop basic gymnastics skills. Participants learn to follow instruction, wait their turn and be respectful of others.	Ratio 6:1 Length: 45min	4:30 5:20 6:10 \$65	4:30 5:20 6:10 \$75	5:20 6:10 \$75	4:30 5:20 6:10 \$75	4:30 \$75	9:00 10:40 11:30 1:50 \$65	10:20 11:10 12:00 \$65
4-5 Years: Co-Ed Children will develop basic skills with an emphasis on fine motor skills. Participants are working towards cartwheels and handstands on various equipment and swinging elements on bars	Ratio 6:1 Length: 45min	4:30 5:20 6:10 7:00 \$65	4:30 5:20 6:10 7:00 \$75	4:30 5:20 6:10 7:00 \$75	4:30 5:20 6:10 7:00 \$75	4:30 5:20 6:10 7:00 \$75	9:00 9:50 11:30 1:00 1:50 2:40 \$65	10:20 11:10 12:00 1:00 1:50 2:40 3:30 \$65
4-5 Years: BOYS ONLY Children will develop basic skills with an emphasis on fine motor skills. Participants are working towards cartwheels and handstands and swinging elements on bars	Ratio 6:1 Length: 45min		7:00 \$75	4:30 \$75	6:10 \$75		9:50 \$65	
Advanced 4-5 Years This class is by invitation only.	Ratio 6:1 Length: 120 min	4:30 <i>Girls</i> \$170		5:00 <i>Girls</i> \$190			9:00 11:30 <i>Boys</i> \$170	1:00 <i>Girls</i> \$170



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Class/Day		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TRAMPOLINE								
7-15 Years: Beginner (Levels 1-4) A co-ed introductory class for athletes ages 7 and up with levels between 1 and 4. Athletes will focus on basic trampoline skills and movements, progressing through a systematic level system.	Ratio 6:1 Length: 60min	4:30 5:45				5:30 6:45	1:45	
7-15 Years: Intermediate (Levels 5+) A co-ed class for athletes ages 7 and up with levels above 5. Athletes will focus on intermediate trampoline skills and movements.	Ratio 6:1 Length: 60min	\$85				\$95	\$85	
7-15 Years: Advanced (Invite Only) A co-ed class for athletes ages 7 and up. Athletes will focus on advanced trampoline skills and movements. Athletes must have coach recommendation.	Ratio 6:1 Length: 90min							
TUMBLING								
7-15 Years: Beginner (Levels 1-4) A co-ed introductory class for athletes ages 7 and up with levels between 1 and 4. Athletes will focus on basic tumbling skills and movements, progressing through a systematic level system.	Ratio 10:1 Length: 60min				8:00 B/I \$95	8:00 B/I \$95	12:00 B/I \$85	
7-15 Years: Intermediate (Levels 5-8) A co-ed class for athletes ages 7 and up with levels above 5. Athletes will focus on building fundamentals for advanced floor skills and movements.	Ratio 8:1 Length: 60min			7:45 \$95	8:00 B/I \$95	8:00 B/I 8:15 I/A \$95	12:00 B/I \$85	12:30 \$85
7-15 Years: Advanced (Level 7+) A co-ed class for athletes ages 7 and up with levels above 7. Athletes will focus on building into advanced floor skills and movements, progressing through a systematic level in accordance with the skills each athlete.	Ratio 8:1 Length: 90min				8:00 \$140			
ADULT GYMNASTICS								
Adult Gymnastics (16+ Years) This class is for beginner to advanced athletes interested in learning a new skill or working on old ones. There is a structured group component to the class with the option of individual work. This class is available for full session registration or weekly drop in registration.	Length: 90min			8:30	Drop In Fee: \$20.00 Full Session Fee: Wednesday - \$140.00			
Adult Boot Camp (16+ Years) A gymnastics fitness class designed to promote and maintain personal fitness through gymnastics based conditioning exercise.	Length: 45min	8:00	Drop In Fee: \$15.00 Full Session Fee: \$65					

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