



2018 Winter Recreational Schedule

Sunday, January 7th, 2018 – Monday, April 30th, 2018



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parent 'n' Tot (1½ - 3yrs); 45 min/week \$196 + GO = \$231	9:15 – 10am	5:15 - 6pm		9:15 – 10:00am 5:15 – 6pm 6 – 6:45pm		9:30 – 10:15am 10:15 – 11am
Jr. Kindergym (3 - 4yrs); 1 hr/week \$224 + GO = \$259	10 – 11am	5 – 6pm 6 – 7pm	5 – 6pm	10 – 11am 1 – 2pm 5 – 6pm 6 – 7pm		10 – 11am 11am – 12pm 12 – 1pm
Sr. Kindergym (5 yrs); 1 hr/week \$224 + GO = \$259	6:30 – 7:30pm	5 – 6pm 6 – 7pm		10 – 11am 5 – 6pm 6 – 7pm		10 – 11am 11am – 12pm 12 – 1pm
Beginner Rhythmic (6yrs+); 1.5 hrs/week \$321 + GO = \$356	4:30 – 6pm					
Kinder Bounce (3 – 5yrs); 1 hr/week \$224 + GO = \$259				4:30 – 5:30pm		
Tumbling Tots Drop-In Per visit: \$10 for members, \$12 for non-members	10am – 12pm			10am – 12pm		
Kids Drop-In Program (7 – 12 yrs); 2 hrs / week \$15 per visit + GO						12 – 2pm
Adult Open Gym (Ages 16yrs+) \$12 per visit + GO		7:30 – 9pm		7:30 – 9pm		

Register online starting December 4th

333 Ontario St, St. Catharines, ON Phone: (905) 685-9248 Email: gymnastics.energy@gmail.com Website: www.gymnasticsenergy.ca

GO = Annual Gymnastics Ontario Fee for registration and insurance with Gymnastics Ontario and Gymnastics Energy.

Classes will be adjusted for holidays and gym events (eg: Good Friday, GE Comp Jan 25th – 28th, MAG Comp March 2nd – 4th). Impacted athletes will receive more details from their coach and through email. No classes from Monday, March 12th – 16th (March Break); however day camp will be offered for those wishing to register. ALL classes are listed at the 15 week price but impacted classes will be prorated when registering online.



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Novice Recreational Girls (6 – 8yrs); 1.5 hrs/week \$321 + GO = \$356	4:30 – 6pm 6:30 – 8pm	4:30 – 6pm 7 – 8:30pm		4:30 – 6pm 6:30 - 8pm	4:30 - 6pm	9:30 – 11am 11 – 12:30pm
Jr. Recreational Girls (9 – 11yrs); 2 hrs/week \$395 + GO = \$430	4:30 – 6:30pm 6:30 – 8:30pm	5 – 7pm 6:30 – 8:30pm	6:30 – 8:30pm	7 – 9pm		11am – 1pm
Sr. Recreational Girls (12yrs+); 2 hrs/week \$395 + GO = \$430		7 – 9pm		7 – 9pm		
Jr. Recreational Boys (6 – 8yrs); 1.5 hrs/week \$321 + GO = \$356		5 – 6:30pm 7 – 8:30pm		7 – 8:30pm		10 – 11:30am
Sr. Recreational Boys (9yrs+); 2 hrs/week \$395 + GO = \$430		5 – 7pm 7 – 9pm		7 – 9pm		10am – 12pm
Tumbling and Trampoline (7yrs+); 1 hr/week \$224 + GO = \$259		7:30 – 8:30pm				12:30 – 1:30pm
Beginner Trampoline (6yrs +); 1 hr/week \$224 + GO = \$259	Intermediate 7 – 8pm	4:30 – 5:30pm				
Advanced Trampoline (10yrs+); 1.5 hrs/week \$321 + GO = \$356						1:30 – 3pm
Home School Group (6yrs+); 1 hr / week \$224 + GO = \$259				Girls: 10 – 11am Boys: 11 – 12pm		
'Ninja Warrior' Class (7yrs+); 1 hr/week \$224 + GO = \$259			7:30 – 8:30pm	7:30 – 8:30pm		

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Pre-Competitive and Interclub Classes (BY COACH RECOMMENDATION ONLY)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adv. Kindergym Girls (3 - 6yrs); 2hrs/week \$417 + GO = \$452	4:30 – 6:30pm					9 – 11am	
Mini Stars Girls (5- 6yrs); 2 x 2hrs/week \$604 + GO = \$639		A: 5:30 – 7:30pm	B: 4:30 – 6:30pm			B: 1pm – 3pm	A: 12:30 – 2:30pm
Interclub 1 and 2 Girls (7+ yrs); 2 x 2hrs/week \$604 + GO = \$639			B: 6 – 8pm	A: 5 - 7pm		A, B: 1:30 – 3:30pm	
Interclub 2 Girls (9+ yrs); 2 x 2hrs/week \$604 + GO = \$639	5 - 7pm				6 – 8pm		
Interclub 3 Girls (9+ yrs); 2 x 2hrs/week \$604 + GO = \$639	6:30 – 8:30pm				6:30 – 8:30pm		
Advanced Kindergym Boys (4-6yrs); 2hrs/week \$417 + GO = \$452						9 – 11am	
Advanced Boys (7yrs+); 3 hrs / week \$510 + GO = \$545			5 – 8pm				
Interclub Tumbling (7yrs+); 2 x 2 hrs/week \$604 + GO = \$639	5 – 7pm			5 - 7pm			

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