



2018 Spring Recreational Schedule

Sunday, May 6th, 2018 – Saturday, June 30th, 2018



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parent 'n' Tot (1½ - 3yrs); 45 min/week \$108 + GO = \$143	9:15 – 10am	5:15 - 6pm		9:15 – 10:00am 5:15 – 6pm 6 – 6:45pm		10 – 10:45am 10:45 – 11:30am
Jr. Kindergym (3 - 4yrs); 1 hr/week \$124 + GO = \$159	10 – 11am	5 – 6pm 6 – 7pm	5 – 6pm	10 – 11am 5 – 6pm 6 – 7pm		10 – 11am 11am – 12pm 12 – 1pm
Sr. Kindergym (5 yrs); 1 hr/week \$124 + GO = \$159	6:30 – 7:30pm	5 – 6pm 6 – 7pm		10 – 11am 5 – 6pm 6 – 7pm		10 – 11am 11am – 12pm 12 – 1pm
Kinder Bounce (3 – 5yrs); 1 hr/week \$124 + GO = \$159				4:30 – 5:30pm		
Home School Group (6yrs+); 1 hr / week \$124 + GO = \$159				Girls: 10 – 11am Boys: 11 – 12pm		
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 April 2nd

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: No classes Monday, May 21st - Victoria Day, no classes Sunday, June 24th – Energy Cup competition). Impacted athletes will receive more details from their coach and through email. ALL classes are listed at the 8 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 \$180 + GO = \$215	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 \$227 + GO = \$262	4:30 – 6:30pm 6:30 – 8:30pm	5 – 7pm 6:30 – 8:30pm	4:30 – 6:30pm	7 – 9pm		11am – 1pm
Sr. Recreational Girls (12yrs+); 2 hrs/week \$227 + GO = \$262		7 – 9pm		7 – 9pm		
Jr. Recreational Boys (6 – 8yrs); 1.5 hrs/week \$180 + GO = \$215		5 – 6:30pm 7 – 8:30pm		7 – 8:30pm		10 – 11:30am
Sr. Recreational Boys (9yrs+); 2 hrs/week \$227 + GO = \$262		5 – 7pm 7 – 9pm		7 – 9pm		10am – 12pm
Tumbling and Trampoline (7yrs+); 1 hr/week \$124 + GO = \$159		7:30 – 8:30pm				12:30 – 1:30pm
Beginner Trampoline (6yrs +); 1 hr/week \$124 + GO = \$159	Intermediate 6:30 – 7:30pm	4:30 – 5:30pm				
Advanced Trampoline (10yrs+); 1.5 hrs/week \$180 + GO = \$215	7:30 – 9pm					
'Ninja Warrior' Class (7yrs+); 1 hr/week \$124 + GO = \$159			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 \$227 + GO = \$262	4:30 – 6:30pm					9 – 11am	
Mini Stars Girls (5- 6yrs); 2 x 2hrs/week \$345 + GO = \$380		A: 5:30 – 7:30pm	B: 4:30 – 6:30pm			B: 1 – 3pm	A: 12:30 – 2:30pm
Interclub 1 and 2 Girls (7+ yrs); 2 x 2hrs/week \$345 + GO = \$380		A: 4:30 - 6:30pm	B: 6:30 – 8:30pm	A: 4:30 – 6:30pm		B: 2 – 4pm	
Interclub 2 Girls (9+ yrs); 2 x 2hrs/week \$345 + GO = \$380		6:30 – 8:30pm		6:30 – 8:30pm			
Interclub 3 Girls (9+ yrs); 2 x 2hrs/week \$345 + GO = \$380	6:30 – 8:30pm				6:30 – 8:30pm		
Advanced Kindergym Boys (4-6yrs); 2hrs/week \$227 + GO = \$262			Adv kind 2 4:30 – 6:30pm (attend both days)			9 – 11am	
Advanced Boys (7yrs+); 3 hrs / week \$290 + GO = \$325			5 – 8pm				
Interclub Tumbling (7yrs+); 2 x 2 hrs/week \$345 + GO = \$380	4:30 – 6:30pm			5 - 7pm			

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