



# 2018 Spring Recreational Schedule

Sunday, May 6<sup>th</sup>, 2018 – Saturday, June 30<sup>th</sup>, 2018



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Parent 'n' Tot</b> (1½ - 3yrs); 45 min/week \$105 + GO = \$140	9:15 – 10am	5:15 - 6pm		9:15 – 10:00am 5:15 – 6pm 6 – 6:45pm		10 – 10:45am 10:45 – 11:30am
<b>Jr. Kindergym</b> (3 - 4yrs); 1 hr/week \$119 + GO = \$154	10 – 11am	5 – 6pm 6 – 7pm	5 – 6pm	10 – 11am 5 – 6pm 6 – 7pm		10 – 11am 11am – 12pm 12 – 1pm
<b>Sr. Kindergym</b> (5 yrs); 1 hr/week \$119 + GO = \$154	6:30 – 7:30pm	5 – 6pm 6 – 7pm		10 – 11am 5 – 6pm 6 – 7pm		10 – 11am 11am – 12pm 12 – 1pm
<b>Kinder Bounce</b> (3 – 5yrs); 1 hr/week \$119 + GO = \$154				4:30 – 5:30pm		
<b>Home School Group</b> (6yrs+); 1 hr / week \$119 + GO = \$154				<b>Girls:</b> 10 – 11am <b>Boys:</b> 11 – 12pm		
<b>Tumbling Tots Drop-In</b> Per visit: \$10 for members, \$12 for non-members	10am – 12pm			10am – 12pm		
<b>Kids Drop-In Program</b> (7 – 12 yrs); 2 hrs / week \$15 per visit + GO						12 – 2pm
<b>Adult Open Gym</b> (Ages 16yrs+) \$12 per visit + GO		7:30 – 9pm		7:30 – 9pm		

Register online starting April 2<sup>nd</sup>

333 Ontario St, St. Catharines, ON Phone: (905) 685-9248 Email: [gymnastics.energy@gmail.com](mailto:gymnastics.energy@gmail.com) Website: [www.gymnasticsenergy.ca](http://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 21<sup>st</sup> - Victoria Day, no classes Sunday, June 24<sup>th</sup> – 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.



# 2018 Spring Recreational Schedule

Sunday, May 6<sup>th</sup>, 2018 – Saturday, June 30<sup>th</sup>, 2018



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Novice Recreational Girls</b> (6 – 8yrs); 1.5 hrs/week \$171 + GO = \$206	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
<b>Jr. Recreational Girls</b> (9 – 11yrs); 2 hrs/week \$211 + GO = \$246	4:30 – 6:30pm 6:30 – 8:30pm	5 – 7pm 6:30 – 8:30pm	4:30 – 6:30pm	7 – 9pm		11am – 1pm
<b>Sr. Recreational Girls</b> (12yrs+); 2 hrs/week \$211 + GO = \$246		7 – 9pm		7 – 9pm		
<b>Jr. Recreational Boys</b> (6 – 8yrs); 1.5 hrs/week \$171 + GO = \$206		5 – 6:30pm 7 – 8:30pm		7 – 8:30pm		10 – 11:30am
<b>Sr. Recreational Boys</b> (9yrs+); 2 hrs/week \$211 + GO = \$246		5 – 7pm 7 – 9pm		7 – 9pm		10am – 12pm
<b>Tumbling and Trampoline</b> (7yrs+); 1 hr/week \$119 + GO = \$154		7:30 – 8:30pm				12:30 – 1:30pm
<b>Beginner Trampoline</b> (6yrs +); 1 hr/week \$119 + GO = \$154	<b>Intermediate</b> 6:30 – 7:30pm	4:30 – 5:30pm				
<b>Advanced Trampoline</b> (10yrs+); 1.5 hrs/week \$171 + GO = \$206	7:30 – 9pm					
<b>'Ninja Warrior' Class</b> (7yrs+); 1 hr/week \$119 + GO = \$154			7:30 – 8:30pm	7:30 – 8:30pm		

Register online starting April 2<sup>nd</sup>

333 Ontario St, St. Catharines, ON Phone: (905) 685-9248 Email: [gymnastics.energy@gmail.com](mailto:gymnastics.energy@gmail.com) Website: [www.gymnasticsenergy.ca](http://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 21<sup>st</sup> - Victoria Day, no classes Sunday, June 24<sup>th</sup> – 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.



# 2018 Spring Recreational Schedule

Sunday, May 6<sup>th</sup>, 2018 – Saturday, June 30<sup>th</sup>, 2018



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Adv. Kindergym Girls</b> (3 - 6yrs); 2hrs/week \$222 + GO = \$257	4:30 – 6:30pm					9 – 11am	
<b>Mini Stars Girls</b> (5- 6yrs); 2 x 2hrs/week \$322 + GO = \$357		A: 5:30 – 7:30pm	B: 4:30 – 6:30pm			B: 1 – 3pm	A: 12:30 – 2:30pm
<b>Interclub 1 and 2 Girls</b> (7+ yrs); 2 x 2hrs/week \$322 + GO = \$357		A: 4:30 - 6:30pm	B: 6:30 – 8:30pm	A: 4:30 – 6:30pm		B: 2 – 4pm	
<b>Interclub 2 Girls</b> (9+ yrs); 2 x 2hrs/week \$322 + GO = \$357		6:30 – 8:30pm		6:30 – 8:30pm			
<b>Interclub 3 Girls</b> (9+ yrs); 2 x 2hrs/week \$322 + GO = \$357	6:30 – 8:30pm				6:30 – 8:30pm		
<b>Advanced Kindergym Boys</b> (4-6yrs); 2hrs/week \$222 + GO = \$257 Adv 2 boys - \$322 + GO = \$357			Adv kind 2 4:30 – 6:30pm			9 – 11am	
<b>Advanced Boys</b> (7yrs+); 3 hrs / week \$272 + GO = \$307			5 – 8pm				
<b>Interclub Tumbling</b> (7yrs+); 2 x 2 hrs/week \$322 + GO = \$357	4:30 – 6:30pm			5 - 7pm			

Register online starting April 2<sup>nd</sup>

333 Ontario St, St. Catharines, ON Phone: (905) 685-9248 Email: [gymnastics.energy@gmail.com](mailto:gymnastics.energy@gmail.com) Website: [www.gymnasticsenergy.ca](http://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 21<sup>st</sup> - Victoria Day, no classes Sunday, June 24<sup>th</sup> – 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.