

2020-2021 Recreational and Competitive Schedule

Feb 8th - June 26th (Sessions are 18 weeks)

	Mon	Tues	Wed	Thurs	Fri	Sat
Competitive - Athletes who are part of the competitive program, will train between 3-12 hours a week. This program is by invitation and is a yearly commitment. More information is located on our website.		12 Hr Group - 3:30-8:00		12 Hr Group - 3:30-8:00	3 hr Developmental 5:00-6:30	
		9 Hr Group 3:30-6:30		9 Hr Group 3:30-6:30	9 Hr Group 3:30-6:30	
		6 Hr Group 3:30-6:30		6 Hr Group 3:30-6:30	6 Hr Group 3:30-6:30	
	Jump to It Trampoline	3 hr Developmental 4:00-5:30				

Recreational	Mon	Tue	Wed	Thu	Fri	Sat
Parent and Tot (PTOT) (18mths -2 years)				5:00-5:50		
Intro to Kgyim - For those who still need a parent or those just transitioning to a class alone or starting gymnastics for the first time and are 3yrs old. (3-4 yrs)			4:30-5:15			9:00-9:45
Kindergym - KGYM (3-5 yrs)			5:30-6:20	4:00-4:50		9:00-9:50
Jr. Rec (6-8 yrs)			4:30-5:20, 5:30-6:20	6:00-6:50		11:00-11:50
Sr. Rec (9-14 yrs)			6:30-7:30			10:00-10:50
Intermediate Girls (By Invitation) This is an advanced class for 9-14 yr olds who are advanced yet are not in the competitive program. A option to compete is available.			6:30-8:00			
Intro to Comp (5-6 yrs) Must have been in at least 4 recreational sessions and/or be tested for this program and meet the requirements. Call to book.		5:30-6:30				
Boys Developmental (7-11yrs)						10:00-11:20
T & T - Trampoline and Tumbling (7 - 11 yrs)					6:30-8:00 (10-14 yrs)	
TEEN T & T - Trampoline and Tumbling (13-17 yrs)					6:30-8:00	
Trampoline (7-11yrs or Level 1)			6:00-7:00			
Trampoline (10-15 yrs or Level 2)			7:00-8:30			
Rebound Therapy (For those with Disabilities) Call for more info						
Birthday Parties						12:30-2:15pm 2:30-4:15pm

All fees are subject to hst with exception of the registration fee

Due to COVID-19, we are now allowing the session fee to be paid monthly. The registration fee and the first month's payment is due upon registration. Please note that your registration is your confirmation to the full session cost. Refunds are only granted in the case of illness and will require a doctors note.

45 min class = \$220.00 per session

50 Min class = \$250.00 per session

1.5 hr class = \$340.00 per session

Sign up now for two nights a week and pay half price for the second class!

All members registering for September will be required to pay the \$55 Gymnastics Nova Scotia Insurance fee for the year. This fee will expire Aug 31st 2021.