

Winter #1

Recreational Program Schedule

November 17th–January 28th

8 Weeks

No Classes December 22nd–January 7th
(Christmas Break)



**Registration for Tumble Tots, Kindergym, and Advanced Recreational:
Tuesday October 24th @ 7:00am**

**Registration for all other Recreational Gymnastics and Trampoline:
Wednesday October 25th @ 7:00am**

Tumble Tots Ages 1-3

A structured exploration of the gym, utilizing circuits and stations.

Adult participation is required on a 1:1 ratio.

60-minute class—\$115.00 + \$40.00 2023/2024
Gymnastics Ontario registration fee.*

Choose one:

Tuesdays 9:30am-10:30am

Thursdays 9:30am-10:30am

Saturdays 9:00am-10:00am

Saturdays 10:00am-11:00am

Sundays 11:00am-12:00am

Kindergym Ages 3 & 4

Must be 3 years of age by the start of the session

An introduction to the fundamentals of gymnastics utilizing circuits and stations. Children attend class without parent participation.

60-minute class—\$115.00 + \$40.00 2023/2024
Gymnastics Ontario registration fee.*

Choose one:

Tuesdays 10:45am-11:45am

Tuesdays 4:00pm-5:00pm

Thursdays 10:45am-11:45am

Thursdays 4:00pm-5:00pm

Saturdays 9:00am-10:00am

Saturdays 11:00am-12:00am

Sundays 11:00am-12:00am

Advanced Girls Recreational

Advanced recreational is for girls who are looking to challenge themselves. Gymnasts will work on developing and improving skills, strength, and flexibility. Jr. Advanced participants should be working a minimum of CANGYM level 4, while Sr. Advanced participants should be working a minimum of CANGYM level 5. Gymnasts can also be assessed for the program. *Please note that we reserve the right to switch gymnasts out of this program if they are registered but do not meet the prerequisites.

2 hours x twice/week— \$428.00 + \$40.00 2023/2024 Gymnastics Ontario registration fee.*

Jr. Advanced Ages 7 & 8

Wednesdays & Fridays

4:00pm–6:00pm

Sr. Advanced Ages 9 & Up

Wednesdays & Fridays

6:00pm–8:00pm

Girls Recreational Gymnastics Ages 5 & Up

Gymnasts will begin to work through the levels of our modified CANGYM program, developing strength and flexibility and building self-confidence. No previous gymnastics experience is necessary.

60-minute class—\$115.00 + \$40.00 2023/2024 Gymnastics Ontario registration fee.*

Jr. Girls Ages 5 & 6

Choose one:

Mondays 4:00pm–5:00pm

Tuesdays 4:00pm–5:00pm

Wednesdays 4:00pm–5:00pm

Thursdays (all ages) 5:30pm–6:30pm

Saturdays 11:00am–12:00pm

Saturdays 12:15pm–1:15pm

Sundays 12:00pm–1:00pm

Int. Girls Ages 7 & 8

Choose one:

Mondays 5:00pm–6:00pm

Tuesdays 5:00pm–6:00pm

Wednesdays 5:00pm–6:00pm

Thursdays (all ages) 5:30pm–6:30pm

Saturdays 12:15pm–1:15pm

Saturdays 1:15pm–2:15pm

Sundays 1:00pm–2:00pm

Sr. Girls Ages 9 & Up

Choose one:

Mondays 6:15pm–7:15pm

Tuesdays 6:30pm–7:30pm

Wednesdays 6:15pm–7:15pm

Thursday (all ages) 5:30pm–6:30pm

Saturdays 1:15pm–2:15pm

Sundays 1:00pm–2:00pm

Boys Recreational Gymnastics Ages 5 & Up

Gymnasts will begin to work through the levels of our modified CANGYM program, developing strength and flexibility and building self-confidence. Participants will also be introduced to Men's-specific events, such as pommel horse and parallel bars. No previous gymnastics experience is necessary.

60-minute class—\$115.00 + \$40.00 2023/2024 Gymnastics Ontario registration fee.*

Jr. Boys Ages 5 & 6

Thursdays 4:00pm–5:00pm

Int. Boys Ages 7 & 8

Thursdays 5:00pm–6:00pm

Sr. Boys Ages 9 & Up

Thursdays 6:30pm–7:30pm

Homeschool Gymnastics Ages 5 & Up

Gymnasts will begin to work through the levels of our modified CANGYM program, developing strength and flexibility and building self-confidence. No previous gymnastics experience is necessary.

60-minute class—\$115.00 + \$40.00 2023/2024 Gymnastics Ontario registration fee.*

Boys and Girls Ages 5-7

Wednesdays 1:00pm–2:00pm

Boys and Girls Ages 8 & Up

Wednesdays 2:00pm–3:00pm

Tumbling Ages 7 & Up

This class will focus solely on progressions for floor skills, including cartwheels, round-offs, back walkovers, and back handsprings. Participants will utilize stations on the floor and tumble track.

45-minute class \$86.25 + \$40.00 2023/2024 Gymnastics Ontario registration fee.*

Boys and Girls Ages 7 & Up

Thursdays 6:45pm–7:30pm

*Annual Gymnastics Ontario registration fee (\$40.00) is valid July 1, 2023—June 30, 2024, and is due for each registrant if not yet paid for the 2023/2024

Recreational Trampoline

Ages 6 & 7

This class will focus on teaching trampoline safety, proper technique, and basic skills. Athletes will learn control, safe landings, and skill progressions as they begin to work through the levels of our trampoline program.

30-minute class—\$68.00 + \$40.00 2023/2024 Gymnastics Ontario registration fee.*

Choose one:

Wednesdays 4:00pm-4:30pm

Wednesdays 4:45pm-5:15pm

Recreational Trampoline

Ages 8 & Up

Participants will work through levels 1-4 of our progressive trampoline program. The focus in this class will be on teaching control, safe landings, and progressions for more challenging skills.

45-minute class—\$99.00 + \$40.00 2023/2024 Gymnastics Ontario registration fee.*

Choose one:

Wednesdays 5:30pm-6:15pm

Wednesdays 6:15pm-7:00pm

Wednesdays 7:00pm-7:45pm

Pay-As-You-Go Ages 1-4

Fridays 9:30am-10:30am

60-minutes—\$16.00/class + \$40.00 2023/2024 Gymnastics Ontario registration fee.*

PAYG classes require pre-registration online. Walk-ins will not be permitted. Registration opens each Wednesday morning at 9:00am for classes running each Friday.

Children under the age of three require adult participation on a 1:1 ratio.

Teen Drop-In Ages 14-18

Thursdays 7:30pm-8:30pm

60-minutes—\$16.00/class + \$40.00 2023/2024 Gymnastics Ontario registration fee.*

Pre-registration can be done online or the drop-in fee can be paid at the door in cash or by e-transfer. The 2023/2024 Waiver MUST be completed by a parent/guardian. This can be done using your online account or by completing a paper copy found outside our office or on our website:

www.muskokalimberettes.com/registration/

Adult Gymnastics Ages 18 & Up

This class is a chance for the big kids to give gymnastics a try! Participants will complete a thorough warm-up followed by coaching on each event, finishing with a conditioning component to build strength. No experience necessary.

90-minute class—\$150.00 + \$40.00 2023/2024 Gymnastics Ontario registration fee.*

Can't commit? Try it as a Drop-in! - \$20.00/class + \$40.00 2023/2024 Gymnastics Ontario registration fee.*

Wednesdays 7:30pm-9:00pm

Adult Trampoline Ages 18 & Up

Learn some new tricks with this introduction to trampoline! Participants will work on safety, proper technique, and basic skills, eventually building to complete a trampoline routine. No experience necessary.

30-minute class \$68.00 + \$40.00 2023/2024 Gymnastics Ontario registration fee.*

Tuesdays 7:30pm-8:00pm

*Annual Gymnastics Ontario registration fee (\$40.00) is valid July 1, 2023—June 30, 2024, and is due for each registrant if not yet paid for the 2023/2024

Birthday Parties!

We offer one-hour gym rentals for birthday parties. Parties are semi-structured and are coach-led. Dates often fill up quickly, so be sure to book in advance.

60-minute class—\$110.00 for up to 8 participants. Additional guests can added for \$15.00 each.

Saturdays

2:30pm-3:30pm

3:30pm-4:30pm

Sundays

2:30pm-3:30pm

3:30pm-4:30pm

*Annual Gymnastics Ontario registration fee (\$40.00) is valid July 1, 2023—June 30, 2024, and is due for each registrant if not yet paid for the 2023/2024 season.

We reserve the right to cancel/combine classes or change class times due to insufficient registration.

Due to high demand, you may only register in a maximum of 2 classes per child.

