

TUMBLE BUGS **18MO-3YRS** **\$314**

From 18 months to three years of age, Kingswood Gymnastics' Tumble Bugs (Parent & Tot) classes teach children gross motor skills and patterns that will form a foundation for their continued development and success in any physical activity. Children will acquire important social skills such as turn-taking and interaction with other children and adults - all in an exciting, upbeat, & encouraging learning environment. It's a great way to make lasting friendships for both children and parents!

45 MIN CLASS / ONCE PER WEEK

TUMBLE BUNNIES **3YRS** **\$330**

With an emphasis on independence & self-exploration, our Tumble Bunnies classes are the second step in Kingswood Gymnastics' Educational Gymnastics program. Tumble Bunnies begin to refine movements and basic skills, yet still at an introductory level so even the first-time gymnast feels comfortable in his or her abilities. Children will improve their balance, spatial awareness, flexibility, self-confidence, and - best of all - have fun!

60 MIN CLASS / ONCE PER WEEK

TUMBLE BEARS **4-5YRS** **\$384**

Our Tumble Bears classes take the skills that gymnasts learned in Tumble Bugs and Tumble Bunnies and prepares them for the progression to Kingswood Gymnastics' Recreational program, which follows the highly accredited Gymnastics Canada CANGYM system. Children will acquire a more advanced understanding of body awareness and spatial orientation, essential to any sport or activity.

75 MIN CLASS / ONCE PER WEEK

ADVANCED BEARS **5YRS** **\$384**

For gymnasts who are 5 years old, have attended a minimum of one session of Tumble Bears, and have Mastered the skills in our Tumble Bears curriculum, Kingswood Gymnastics offers the Advanced Tumble Bears class. This class is designed to further challenge and enhance each gymnast's abilities and prepare them for our Recreational CANGYM series of classes.

75 MIN CLASS / ONCE PER WEEK

INTRO CO-ED REC **6YRS+** **\$434**

From ages 6 and up, our Intro Recreational Girls' and Boys' classes will introduce children to gymnastics through safe, fun, and challenging progressions and skills. Emphasis will be placed on skills found in Levels 1 to 3 of the CANGYM program. Instruction by coaches will include all apparatus with age-appropriate & stimulating circuits. Intro Co-Ed classes will be geared toward apparatus commonly performed in Women's and Men's Artistic Gymnastics such as Balance Beam, Uneven Bars, Pommel Horse, Still Rings, and Parallel Bars.

90 MIN CLASS / ONCE PER WEEK

INTERMEDIATE REC **6YRS+** **\$517**

Kingswood Gymnastics' Intermediate Recreational classes offer the developing gymnast the perfect challenge. Instruction by coaches will focus on skills found in Levels 4 & 5 of the CANGYM program. Girls' classes will be geared toward apparatus commonly performed in Women's Artistic Gymnastics such as Balance Beam and Uneven Bars. Boys' classes (B) will use Men's Artistic Gymnastics apparatus: Floor, Pommel Horse, Rings, Vault, Parallel Bars, and Horizontal Bar. Whether solely for fun, or as a stepping stone to our Pre-Competitive / Competitive program, our Intermediate Recreational program promises to be exciting and beneficial to your gymnast's development in sport and in life.

120 MIN CLASS / ONCE PER WEEK

DEVELOPMENTAL REC **6YRS+** **\$574**

Designed for girls that have progressed through our Intermediate Recreational program or for those looking for even more of a challenge, this class is a perfect fit. Instruction by coaches will focus on skills found in Levels 6 to 10 of the CANGYM Program.

150 MIN CLASS / ONCE PER WEEK

INTRO TRAMPOLINE **8YRS+** **\$330**

Our Introductory Trampoline class will teach your child the basics and fundamentals of trampolining in a safe and controlled environment by qualified coaches, starting with shape-jumps and progressing to forward saltos (flips) on trampoline. Instruction by coaches will focus on safety and proper technique.

60 MIN CLASS / ONCE PER WEEK

NINJA GYM **8YRS+** **\$330**

Our Ninja Gymnastics class will incorporate elements of Gymnastics, Martial Arts, Obstacle Course Training, and Freestyle Movement to improve overall body coordination, spatial awareness, strength, and ability. Instruction will take place on traditional gymnastics equipment, trampolines and other springing devices, our in-house bouldering wall, and specialized Ninja Gymnastics equipment and obstacles.

60 MIN CLASS / ONCE PER WEEK

OPEN GYMNASTICS **\$10/visit**

Preschool (P) 18MO-10YRS Adult (A) 15YRS+

Our Open Gymnastics classes provide the opportunity for anyone to experience the fun & excitement of our facility at a low-cost & with no commitment. Gym times are supervised by trained coaches. **PLEASE NOTE trampolines are not available during Open Gym times.** Adult Open Gym, under 18 years requires parental permission. Preschool Open Gym, children must be accompanied by an adult.

Ask about our payment plan options for term fees!

Prices include a non-refundable \$50 deposit.

Prices do not include taxes or NBGA registration & insurance fees.

	SUN	MON	TUE	WED	THU	FRI	SAT
TUMBLE BUGS	2:45 - 3:30pm 3:30 - 4:15pm	10:00 - 10:45am		10:00 - 10:45am 5:30 - 6:15pm		10:00 - 10:45am	9:00 - 9:45am 9:45 - 10:30am 10:15 - 11:00am
TUMBLE BUNNIES	1:45 - 2:45pm	10:45 - 11:45am		10:45 - 11:45am 4:30 - 5:30pm		10:45 - 11:45am	9:00 - 10:00am 10:00 - 11:00am
TUMBLE BEARS	1:15 - 2:30pm 4:15 - 5:30pm			4:30 - 5:45pm 4:45 - 6:00pm 6:15 - 7:30pm			9:30 - 10:45am 11:00 - 12:15pm 1:30 - 2:45pm 2:45 - 4:00pm
ADVANCED BEARS	2:45 - 4:00pm			5:45 - 7:00pm			9:00 - 10:15am 10:45 - 12:00pm 1:00 - 2:15pm
INTRO CO-ED REC	1:00 - 2:30pm 2:30 - 4:00pm 4:00 - 5:30pm 4:30 - 6:00pm	4:45 - 6:15pm 6:15 - 7:45pm	4:45 - 6:15pm 6:15 - 7:45pm	4:30 - 6:00pm 4:45 - 6:15pm 6:15 - 7:45pm 6:30 - 8:00pm	4:45 - 6:15pm 6:15 - 7:45pm	4:45 - 6:15pm 6:15 - 7:45pm	9:00 - 10:30am 10:30 - 12:00pm 11:00 - 12:30pm 12:30 - 2:00pm 2:00 - 3:30pm
INTERMEDIATE REC	1:00 - 3:00pm 3:00 - 5:00pm	5:00 - 7:00pm	5:00 - 7:00pm	6:00 - 8:00pm	5:00 - 7:00pm		9:00 - 11:00am 10:30 - 12:30pm 1:00 - 3:00pm 3:00 - 5:00pm (B)
DEVELOPMENTAL REC		4:30 - 7:00pm		5:30 - 8:00pm			1:00 - 3:30pm
INTRO TRAMP	1:00 - 2:00pm 3:00 - 4:00pm	7:00 - 8:00pm		7:15 - 8:15pm			9:30 - 10:30am 11:30 - 12:30pm 12:30 - 1:30pm 2:00 - 3:00pm
NINJA GYM	2:00 - 3:00pm			5:15 - 6:15pm 6:15 - 7:15pm			10:30 - 11:30am 1:00 - 2:00pm
OPEN GYM		12:30 - 1:30pm (P)		12:30 - 1:30pm (P) 8:15 - 9:15pm (A)		12:30 - 1:30pm (P)	

SPRING 2024 SCHEDULE

APR 15 - JUN 24

