


# '27 WINTER SCHEDULE

January 2 - April 5

KINGSWOOD GYMNASTICS

## TUMBLE BUGS | 18M-3YRS $369

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 $396

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 $461

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 $461

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+ $553

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 Artistic Gymnastics such as Balance Beam and Uneven Bars. Boys' (B) classes will feature instruction on apparatus specific to Men's Artistic Gymnastics such as Pommel Horse, Still Rings, and Parallel Bars.

90 MIN CLASS / ONCE PER WEEK

## INTERMEDIATE REC | 6YRS+ $646

Kingswood Gymnastics' Intermediate Recreational classes offer the developing gymnast the perfect challenge. Instruction by coaches will focus on skills found in Levels 4+ in 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' [B] classes 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+ $738

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 is geared toward more advanced skills and training techniques that are a stepping stone to our Pre-Competitive / Competitive program, or for the gymnast who looks to continue but without the commitment of a Pre-Competitive class. Coach recommendation or assessment required.

150 MIN CLASS / ONCE PER WEEK

## INTRO TRAMPOLINE | 8YRS+ $396

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 | 7YRS+ $396

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

## ACRO GYMNASTICS | 6YRS+ $396

Our Acro class is designed for athletes looking to develop acrobatic skills that are foundational in cheerleading & dance. This class focuses on basic to intermediate tumbling skills - including front & back walkovers & handsprings, rolls & saltos, aerials, & more. Students will improve strength, flexibility, & coordination, all in a safe & supportive environment with experienced instructors. Whether you're a beginner or building on existing skills, our Acro class will help you gain the confidence & ability to perform impressive acrobatic moves in any routine!

Offered in Beginner [B] and Advanced [A].

60 MIN CLASS / ONCE PER WEEK

## ADAPTIVE GYMNASTICS Intro Co-Ed Rec | 6YRS+ $369

Adaptive gymnastics is a dynamic & inclusive physical activity program designed specifically for children with varying abilities. It provides an opportunity for young children to explore movement, improve coordination, & develop social & motor skills in a supportive, fun, & tailored environment. This specialized program incorporates modified gymnastics exercises that cater to the individual needs of each child, ensuring that all children, regardless of their physical or cognitive abilities, can participate & thrive. Instructors are specially trained to support children with a range of abilities, including those with physical disabilities, sensory processing disorders, ADHD, autism spectrum disorders, & other developmental differences. The goal is to create an inclusive environment where every child can participate to the best of their abilities.

45 MIN CLASS / ONCE PER WEEK

KINGSWOOD GYMNASTICS

Ask about our payment plan options for term fees.

Prices include a non-refundable $25 deposit.

Prices do not include taxes nor non-refundable $33.30 NBGA membership & $15 registration fees.

| | TUMBLE BUGS 45 min. | TUMBLE BUNNIES 60 min. | TUMBLE BEARS 75 min. | ADV. BEARS 75 min. | INTRO CO-ED REC 90 min. | INTER. REC 120 min. | DEV. REC 150 min. | INTRO TRAMP 60 min. | NINJA GYM 60 min. | ACRO 60 min. | ADAPTIVE CO-ED REC 45 min. |
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| MON. | | | 4:45pm | | | 5:00pm<br>6:00pm | | | | | |
| TUES. | | | 4:45pm | | 6:15pm | | 5:30pm | | 4:30pm | 5:15pm [B]<br>6:00pm [B] | |
| WED. | 4:00pm | 4:30pm | 4:30pm | 5:45pm | 5:00pm<br>6:30pm | 5:00pm | | 7:00pm | 5:30pm | 6:30pm [A]<br>7:00pm [B] | |
| THURS. | | | | | 4:45pm<br>6:15pm | | | | | | |
| SAT. | 9:00am<br>10:00am | 10:00am | 9:15am<br>11:15am | 10:30am | 8:45am<br>10:15am | 9:00am<br>11:00am [B] | | 11:00am | 9:45am | | 2:15pm |
| SUN. | 10:45am | 11:30am | 12:45pm | 3:30pm | 12:00pm<br>1:45pm | 1:00pm | 3:00pm | | | | |

Boys Inter. Rec [B]

Advanced Acro [A]
Beginner Acro [B]

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