



# Spring 2019 Recreational Classes

**\$35 Gymnastics Ontario Insurance Fee will be added to all Burlington B.G.'s programs annually**



CLASS NAME	DESCRIPTION	COST
PARENT & TOT	Parents join their child in the gym to help develop balance, strength, and coordination. Apparatus include; bars, rings, pit, trampoline, floor equipment. Parent and Tot Drop in is also available at \$10 per class on Mondays, Wednesdays, and Fridays from 10:30-12:00pm	\$170 Drop-In \$10
KINDERGYM	Children will enjoy the experience of movement and fitness while learning the basics of gymnastics. Apparatus include: rings, bars, pit, trampoline, and floor equipment.	\$190 (Daytime \$170)
JR YOUTH GYMNASTICS	Ages 5 & 6: This co-ed recreation program allows children to develop skills and move towards more advanced movement and skills. Apparatus include: bars, pit, floor, rings, and trampoline.	\$220
YOUTH GYMNASTICS	Ages 7+: This co-ed recreation program allows children to develop skills and move towards more advanced movement and skills. Apparatus include: bars, pit, floor, rings, and trampoline.	\$220
SPORTS SPECIFIC TRAINING	Kids just want to have fun and it is possible to show them how to enjoy exercise while improving their health and fitness. A fitness class will include the fundamentals of fitness – specific to their sport of choice.	\$190
ADVANCED BOYS	This program is designed for boys wishing to continue at a more advanced level of gymnastics training in a non-competitive format. Athletes must be accepted into this program. NOTE: trampoline use is limited.	\$270
RACHEL'S CORNER	This program is designed for athletes on the spectrum who are high functioning. This program has a 2:1 athlete to coach ratio designed to help improve athlete's gross motor skills. An intake interview will be required upon registration. 	\$190
YOUTH TUMBLING	This co-ed recreation program allows children to learn and master the basics of tumbling.	\$190
KEENER TUMBLING	This co-ed program is designed for children wishing to continue at a more advanced level of tumbling training in a non-competitive format. Athletes must be accepted into this program.	\$220
CHEER TUMBLING	Designed specifically for cheerleaders who are looking to perfect technique, advance their skills and build strength.	\$220
YOUTH TRAMPOLINE	This co-ed recreation program allows children to learn and master the basics of trampoline.	\$190
YOUTH T & T	This co-ed recreation program allows children to learn and master the basics of trampoline and tumbling.	\$220
KEENER TRAMPOLINE	This co-ed program is designed for children wishing to continue at a more advanced level of trampoline training in a non-competitive format. Athletes must be accepted into this program.	\$220
LIL' NINJAS	Lil' Ninjas is the entry level to the all-new sport discipline inspired by gymnastics, martial arts, obstacle training, and freestyle movement.	\$190
NINJA TRAINING	Children learn a combination of flips, rolls, jumps, and kicks. Strength and agility are tested through obstacle courses and various training techniques. A progressive level system evaluates and advances children in their skill and knowledge of core values as described in the Ninja Zone creed. Children advance and learn at their own pace. The levels of Ninja Zone are defined by the headband colors of White, Yellow, Green, and Blue. <b>NINJA ZONE Drop-In:</b> Friday nights from 6-8pm also available for \$15.	\$190
OPEN GYM	This drop-in program is designed for anyone 14+ who are looking for a safe and enjoyable environment to train or fine-tune their skills.	\$15 Drop-In \$120 10-Pass
ADULT GYM	This drop-in program is designed for anyone 18+ who are looking for a safe and enjoyable environment to train or fine-tune their skills.	\$250 30-Pass



# Spring 2019 Recreational Schedule

## 8 WEEKS OF CLASSES

There will be no classes May 18<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup> & May 31<sup>st</sup>, June 1<sup>st</sup> & 2<sup>nd</sup>



CLASS NAME	REQUIREMENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		April 29-June 24	April 23-June 11	April 24-June 12	April 25-June 13	April 26-June 21	April 27-June 29	April 28-June 30
<b>GYMNASTICS</b>								
Parent & TOT	18mo-2.5yrs		4:30-5:30pm				9:30-10:30am	
Kinder Gym	2.5-4.5yrs	9:30-10:30am	4:30- 5:30pm	9:30-10:30am 5:00-6:00pm		9:30-10:30am	9:30-10:30am 10:30-11:30am	10:30-11:30am 12:30-1:30pm
Jr Youth Gymnastics	5-6yrs		5:00-6:30pm				10:30-12:00pm	10-11:30am
Youth Gymnastics	7+	5:30-7:00pm	6:30-8:00pm		6:30-8:00pm		2:15-3:45pm	11:00-12:30pm
Sports-Specific Training	5+				6:45-7:45pm			
Rachel's Corner	5+ interview required					5:15-6:00pm		
Advanced Boys	Trial Required						11:30-1:30pm	
<b>TUMBLING</b>								
Youth Tumbling	5+		5:30-6:30pm 7:30-8:30pm	7:30-8:30pm			1:15-2:15pm	10:00-11:00am
Keener Tumbling	7+ Trial Required		6:30-8:00pm	5:00-6:30pm 7:00-8:30pm			11:30-1:00pm	
Cheer Tumbling	5+						1:00-2:30pm	
<b>TRAMPOLINE</b>								
Youth Trampoline	5+	6:00-7:00pm	5:30-6:30pm	6:00-7:00pm	5:30-6:30pm		12:00-1:00pm 3:00-4:00pm	10:00-11:00am
Youth T & T	5+						1:30-3:00pm	
Keener Trampoline	7+ Trial Required		6:30-8:00pm	6:30-8:00pm	6:30-8:00pm		10:00-11:30am	
<b>NINJAZONE</b>								
Lil' NINJA ZONE	3-4yrs			4:30-5:30pm	5:30-6:30pm		10:30-11:30am	11:30-12:30pm
NINJA ZONE Training (Ages 5-7)	5-7yrs	5:00-6:00pm	5:30-6:30pm	5:30-6:30pm 6:30-7:30pm	5:00-6:00pm		11:30-12:30pm	11:30-12:30pm 12:30-1:30pm
NINJA ZONE Training 8+ (Ages 8+)	8+		6:30-7:30pm	7:00-8:00pm	6:00-7:00pm 7:00-8:00pm		12:30-1:30pm	12:30-1:30pm
<b>DROP-IN</b>								
NINJA ZONE Drop-In	3-16					6:00-8:00pm		
Open Gym	14+							6:00-8:00pm
Adult Gym	18+	8:30-10:30pm		8:30-10:30pm				
Parent & Tot Drop-In	18mo-3yr	10:30-12:00pm		10:30-12:00pm		10:30-12:00pm		