

## PRE-SCHOOL PROGRAMS

### PARENT & TOT - 1 hour (18 months to 3 yrs)

This is a special time for Mom or Dad to spend quality time with young ones. It's an opportunity for your child to develop socially and physically under the careful guidance of a certified coach.

<b>Mon</b>	9:30	10:30		2:15	4:00		
<b>Tues</b>	9:30	10:30	1:15	2:15	4:00		
<b>Wed</b>	9:30	10:30	1:15	2:15	4:00	5:00	
<b>Thurs</b>	9:30	10:30		2:15	4:00		
<b>Fri</b>	9:30	10:30		2:15	4:00		
<b>Sat</b>	9:00	10:15	11:30	12:30	2:30	3:30	
<b>Sun</b>	10:00	11:15	12:30	1:30			

### KINDERGYM - 1 hour (3 to 4 yrs)

Small children are by nature little bundles of energy. East York's kindergym program takes advantage of this natural tendency in a program that combines basic gymnastic instruction with lots of fun. This program is designed to encourage independence within a group environment. Parents do not participate in the warm-up or class but are welcome to view the class from our viewing area.

<b>Mon</b>	9:30	10:30	<u>12:00</u>	1:15	2:15	4:00	5:00	6:00
	6:30							
<b>Tues</b>	9:30	10:30	<u>12:00</u>	1:15	2:15	4:00	5:00	5:30
	6:30							
<b>Wed</b>	9:30	10:30	<u>12:00</u>	1:15	2:15	4:00	5:30	6:30
<b>Thurs</b>	9:30	10:30	<u>12:00</u>	1:15	2:15	4:00	5:00	5:30
	6:00							
<b>Fri</b>	9:30	10:30	<u>12:00</u>	1:15	2:15	4:00		
<b>Sat</b>	9:00	10:15	11:30	12:30	1:30	2:00	2:30	3:00
	3:30	4:30						
<b>Sun</b>	10:00	11:15	12:30	1:30	2:30	3:30		

Underlined classes are flexible. Please inquire.

### BOYS, BOYS, BOYS! - (K-Kindergym, Y-Young Rec, Jr or Sr)

Specifically designed for boys. Many classes taught by the men's competitive staff. Builds teamwork and coordination. 1 hour, 1.5 hour or 2 hour programs (noted in brackets). Age divisions (also noted in brackets) are guidelines and may change based on demand.

<b>Mon</b>	4:00 (Y/Jr-1)	4:30 (Y/Jr-1.5)	6:30 (Sr-2)	
<b>Tues</b>	2:15 (Y-1)	4:00 (Jr-1)	5:30 (Jr-1.5)	
<b>Wed</b>	4:00 (Y-1)	4:00 (Jr-1.5)	6:00 (Jr-2)	7:00 (Jr-1.5)
	7:30 (Sr-1.5hr)			
<b>Thurs</b>	2:15 (K-1)	4:00 (Jr-1.5)	5:30 (Y-1)	
<b>Sat</b>	10:15 Jr-1	2:00 (Y/Jr-1.5)		
<b>Sun</b>	10:00 (Jr-2)	12:30 (Jr-2)	1:30 (Y-1)	2:30 (Sr-2)

## RECREATIONAL PROGRAMS

These classes are introductory (1st time participants) to intermediate level instruction to help build confidence, strength and coordination - skills which are valuable in gymnastics and for many other activities. The recreational program is divided into 3 age divisions -

**Young (Y): 5-6 yrs Junior (Jr): 7-9 yrs Senior (Sr): 10 + yrs**

### 1 HOUR RECREATIONAL - Y

<b>Mon</b>	9:30	10:30	1:15	2:15	4:00	5:00	6:00	
<b>Tues</b>	9:30	10:30	1:15	2:15	4:00	5:30	6:30	
<b>Wed</b>	9:30	10:30	1:15	2:15	4:00	5:00	5:30	6:30
<b>Thurs</b>	9:30	10:30	1:15	2:15	4:00	5:30	6:30	
<b>Fri</b>	9:30	10:30	1:15	2:15	4:00	5:00	6:00	
<b>Sat</b>	9:00	10:15	11:30	12:30	1:30	3:00	3:30	4:00
<b>Sun</b>	10:00	11:15	12:30	1:30	2:30			

### 1 HOUR RECREATIONAL - Jr / Sr

<b>Mon</b>	4:00 Jr	7:00 Jr		
<b>Tues</b>	4:00 Jr	5:30 Sr	6:30 Jr	
<b>Wed</b>	4:00 Jr	5:30 Jr	6:30 Jr	
<b>Thurs</b>	5:30 Jr			
<b>Sat</b>	9:00 Jr	10:15 Jr	11:30 Jr	12:30 Jr
<b>Sun</b>	10:00 Jr	11:15 Jr		

### 1.5 HOUR RECREATIONAL - Y / Jr / Sr

<b>Mon</b>	4:30 Jr	5:00 Y/Jr	6:30 Jr	7:00 Sr
<b>Tues</b>	4:00 Jr	5:00 Jr		
<b>Wed</b>	4:00 Jr	7:30 Sr		
<b>Thurs</b>	4:00 Y/Jr	7:00 Sr	7:30 Sr	
<b>Fri</b>	4:30 Sr	6:00 Jr	7:00 Sr	
<b>Sat</b>	9:30 Jr	10:00 Jr	2:00 Y/Jr/Sr	3:30 Jr / Y
	4:30 Jr			
<b>Sun</b>	2:30 Jr			

### 2 HOUR RECREATIONAL - Y / Jr / Sr

<b>Mon</b>	6:30 Sr		
<b>Wed</b>	5:00 Jr		
<b>Thurs</b>	6:30 Jr		
<b>Sat</b>	11:00 Jr	11:30 Sr	12:30 Jr
<b>Sun</b>	12:30 Jr / Sr	2:30 Y/Jr	

**\*\* Coaches, class times and age range are subject to change based on availability and demand\*\***



## SPECIALTY PROGRAMS

### BABIES IN MOTION - 45 mins

A parent involved opportunity for your child to crawl in and out, over, around and through equipment to help develop muscle control and coordination skills. A loosely structured exploratory class supervised by our certified coaches.

<b>Mon</b>	9:35	10:35		
<b>Thurs</b>	9:35	10:35		

### ACRO - 1 hour

The perfect enhancement for dancers and cheerleaders. This class will focus on static skills such as walkovers, cartwheels, round offs, saltos and aerials in combination with jumps and turns. Ages 7+ yrs.

<b>Sun</b>	3:30
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### TUMBLING - 1.5 hours

The class is structured to develop the acrobatic tumbling series which includes cartwheels, walkovers, round offs and back handsprings. Athletes will use the tumble track, rod floor, trampoline and foam pits to enhance their skill level (7 yrs +)

<b>Tues</b>	7:30
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### ADULT - 1.5 & 2 hours

You're never too old to keep fit with our adult gymnastics program! Give it a try! Work at your own level - beginner to advanced. Age 18+.

<b>Tues</b>	7:30 (Basic-1.5 hr) (Adv-2 hr)	<b>Fri</b>	7:30 (1.5 hr)
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<b>Sat</b>	6:30 (1.5 hr)
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### TRAMPOLINE - 1 hour (Y 5 & 6, Jr 7 to 9 yrs, Sr 10+ & Adult)

What child does not love to bounce? This program challenges the children with jumps, twists and sequences of interesting trampoline skills. (Somersault skills dependent on experience)

<b>Thurs</b>	5:30 Sr	6:30 Adult	7:30 Adult
<b>Fri</b>	4:00 Sr-1.5hr	5:30 Y	6:30 Jr
			7:30 Sr

### SPECIAL NEEDS

We serve over 40 children weekly with diverse special needs. We offer a spectrum of placement options to provide a child with physical, cognitive, and/or behavioural challenges a chance of supported inclusion as they develop their motor and social skills.

On **Saturdays at 2:30** we offer a class for children with special needs to participate with peers in a specialized program with support as required for each participant. Please contact the office to arrange your mandatory gymnastics assessment prior to participation/ registration.

## SPECIALIZED AND COMPETITIVE PROGRAMS

All of our specialized and competitive programs require an assessment for acceptance. (\$15.00 fee, refundable only upon acceptance). We offer both men's and women's programs ranging from Interclub to National Level.

**ADVANCED KINDERGYM - 2 to 4 hours per week** (3 to 5 yrs)  
Our introduction to the competitive program is Advanced Kinder. It is a specially designed class which develops strength, flexibility and good basic skills in a stimulating, productive and fun atmosphere. Separate classes for boys (B) and girls (G).

**Thurs** 9:30 (G)  
**Sat** 2:00 (B)  
**Sun** 10:00 (B) 12:30 (G) 2:00 (B)

**MINI PRE - 3 to 9 hours per week** (5 & 6 yrs)

For those children ready to move on to something a little more challenging. You will be thrilled with the poise, confidence and skill development within this program. Careful guidance is given by our experienced coaches for boys and girls.

**Girls 1st year:**

**Tues** 4:30 (3) **Thurs** 4:30 (3)

**Girls 2nd year:**

**Mon** 4:30 (3) **Wed** 4:30 (3) **Sat** 1:00 (3)

**Boys:**

**Mon** 5:15 (2.5) **Fri** 5:15 (2.5)

**INTERMEDIATE - 2- 9 hours per week** (5 + yrs)

The perfect spot for the late starter or the child who would like something a little more challenging than general recreational classes. Not structured to be a competitive program, but concentrates on good basic skills. A great introduction to the Interclub competitive program. Athletes are grouped according to age and ability. Young (5 to 6 yrs), Junior (7 to 9 yrs), Senior (10+ yrs). 2 or 3 hour classes.

**Mon** 5:00 (2-Y) 5:30 (3-Sr)  
**Tues** 4:30 (3 - **Boys!**)  
**Wed** 4:30 (3-Jr)  
**Thurs** 4:30 (2-Y/Jr) 6:30 (2-Jr)  
**Fri** 5:30 (2-Sr)  
**Sat** 11:30 (2-Y) 12:30 (3-Jr/Sr) 2:30 (2-Y/Jr) 3:30 (3-Sr)  
**Sun** 12:30 (3-Y/Jr) 3:00 (3-Sr)

**PRE INTER-CLUB (NEW)**

A class for those athletes who are more advanced than intermediate but are not yet ready for Inter-club classes.

**Tues** 4:30 (3 - Y)  
**Fri** 4:30 (4 - Y)  
**Sat** 1:30 (4 - Y)

## BIRTHDAY PARTIES

A popular way to spend 1 hour in our gym on your special day with your best friends. Have fun on gym equipment instructed by our certified coaches. Birthday parties are scheduled as listed below. Please call for more details. PARTY ROOM AVAILABLE

**Saturday Start Times:** 4:30 5:30 6:30

**Weekday Start Times:** 12:00



## HOLIDAY, MARCH BREAK AND P.A. DAY CAMPS

Offered over Christmas Break, TDSB March Break week & P.A. days. Staffed by our regular coaches and offering lots of fun activities including arts and crafts, gymnastics and group activities. Call or watch for posted details. Note: These do not include a Friday trip.



## SUMMER CAMP

Our summer camp is available for 10 weeks. We offer full and half day programs for boys and girls supervised by certified coaches. Activities include gymnastics, arts and crafts, games and more! Full week, full day campers have the opportunity of an all-day trip on Fridays and swimming on Tuesdays and Thursdays.

## SUMMER CLASSES

Tues and Thurs evening (Gym & Trampoline) and Saturday morning classes are offered for toddlers to Adults.

## GENERAL INFORMATION

- Make-up classes cannot be offered. In case of extended inability to attend (3 or more classes), please see office for consideration.
- There will be a \$25 charge on all N.S.F. cheques. A \$10 fee will be applied for class change after the 4th class of the session.
- Refund by approval of administration office only - some restrictions may apply.
- All fees must be paid in full upon registration. Placement is not final until payment is received. Refunds are subject to a \$25 administration fee.
- A non-refundable annual Gymnastics Ontario registration and insurance fee is applicable for all members.

## REGISTRATION

You may register by phone, mail or in person. For your convenience we accept cash, cheques, Visa, Mastercard or Interac.

## OFFICE HOURS

Monday to Friday 9:00 am to 8:30 pm  
Saturday 9:00 am to 5:30 pm  
Sunday 9:30 am to 5:00 pm

# EAST YORK GYMNASTICS CLUB

*Purpose, Perseverance &  
Presence*

**Fall 2010**

The East York Gymnastics Club was formed sixty one years ago. Our experience and dedication to teaching gymnastics at all levels of performance make it possible to offer a wide range of services to our members.

All classes will be held in our **spectacular** 33 000 square foot, fully air conditioned and well maintained facility, housing state of the art equipment and specialized activity stations for all ages.

Our coaching staff consists of over 50 coaches with National certification and various rich backgrounds in this beautiful sport. From our Parent & Tot and Pre-School programs up to our Men's and Women's competitive teams, we have the history and know-how to give your child a valuable learning experience.

Feel free to visit us at our location or on the web. We have office staff available to help you by phone or in person who look forward to hearing from you.

We love Gymnastics!

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