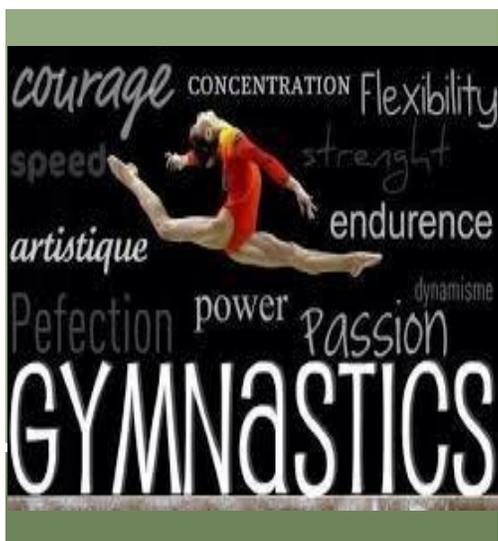


Welcome to our
Recreational Program!
 We take great pride in
 striving for every athlete at
 every level to feel special
 and in helping them
 accomplish their goals. We
 want them to leave our club
 with a smile and a feeling
 of accomplishment.
**Blenheim
 Gymnastics... where
 fun, fitness and
 fundamentals begin!**



Cancellations:

Any gym closures due to inclement weather will be announced on CKSY 94.3 and our website. Make up classes will be offered however no refunds will be offered if you are unable to attend the make up class.

Missed Classes:

With regrets there will be NO make up classes for those children who are absent from any class.

Annual Memberships Fee:

Every athlete enrolled at the gymnastics club is required to pay an AMF for every year they are a member running July 1st-June 30th. AMF is non-refundable

Attire:

Athletes enrolled in these programs will be required to wear a bodysuit and must have their hair tied back in order to participate in the class.

Refunds:

The AMF (annual membership fee) is non-refundable. Credits and refunds will not be accepted after the second week of classes.

Monthly Payment Plans

Monthly payments must be paid on the first of each month; post dated cheques can be left at the time of registration.

PA DAY CAMPS

Register early to save your spot*

PA Day Camps will run 9-5 and will be \$30.00 for registered members or \$35.00 for non-registered members. All camps will have a theme. Snacks and lunch will not be provided however there is a vending machine on site.

PA DAY Camps will be offered :

- June 9th – Wet and Wild life
- June 30th – Rock out School's Out

Summer Weekly Themes:

- Week 1: Canada's 150th Birthday
- Week 2: Summer Break Out
- Week 3: Beachin' It
- Week 4: Water Week
- Week 5: Going on a bear hunt
- Week 6: Ol' MacDonalds Farm
- Week 7: Under the sea
- Week 8: Rainforest
- Week 9: Magic School Bus



**9 Week
 Recreational
 SUMMER Session
 2017**

**Summer Session starting July 4th till
 September 1st 2017**

**Registration Dates:
 May 11th, May 18th, May 25th
 4:00-7:00pm**

**Register by phone, in person or by our new
 Registration email at:
 rec.bkgegc@mdirect.net**

**245 Marlborough St N, Po Box #412
 Blenheim, On NoP 1A0
 Phone: 519-676-4449 Fax 519-676-1457
 Email: bkgegc@mnsi.net
 Website: www.blenheimgoldeneagles.com**

**Blenheim Gymnastics Club is a sanctioned
 member of Gymnastics Ontario and all coaches
 are highly trained and certified through the
 NCCP of Canada**

2017 Class Schedules

Class Descriptions

	Monday	Tuesday	Wednesday	Thursday	Cost 9 weeks	Monthly Payments (2 payments)
Tumblebugs		9:45 - 10:30 4:15 - 5:00 5:00 - 5:45	4:45 - 5:30 5:45 - 6:30	5:30 - 6:15 6:15 - 7:00	\$83.00 + \$35.00 AMF	\$41.50 + \$35.00 AMF
Kindergym		10:30 - 11:30 4:30 - 5:30 5:45 - 6:45	4:30 - 5:30 5:45 - 6:45 7:00 - 8:00	5:00 - 6:00 6:00 - 7:00	\$110.25 + \$35.00 AMF	\$55.25 + \$35.00 AMF
Girls 5-6		4:30 - 5:30 5:45 - 6:45 7:00 - 8:00	4:30 - 5:30 5:45 - 6:45 7:00 - 8:00	6:00 - 7:00	\$110.25 + \$35.00 AMF	\$55.25 + \$35.00 AMF
Girls 7-9		5:00 - 6:30 6:30 - 8:00	5:00 - 6:30 6:30 - 8:00	5:30 - 7:00	\$166.00 + \$35.00 AMF	\$83.00 + \$35.00 AMF
Girls 10-14		6:00 - 8:00	6:00 - 8:00	5:30 - 7:30	\$220.50 + \$35.00 AMF	\$110.25 + \$35.00 AMF
Boys 5+		5:30 - 7:00	5:00 - 6:30 6:30 - 8:00	6:30 - 8:00	\$166.00 + \$35.00 AMF	\$83.00 + \$35.00 AMF
*NEW Leaps & Bounds Special Needs				2:00 - 3:00	\$110.25 + \$35.00 AMF	\$55.25 + \$35.00 AMF
Tumbling & Trampoline Ages 6-9			5:30 - 7:00		\$166.00 + \$35.00 AMF	\$83.00 + \$35.00 AMF
Tumbling & Trampoline Ages 10+			7:00 - 8:30		\$166.00 + \$35.00 AMF	\$83.00 + \$35.00 AMF
Flexibility & Strength		Running upon availability			\$110.25 + \$35.00 AMF	\$55.25 + \$35.00 AMF
* NEW Aerobic		Running upon availability			\$110.25 + \$35.00 AMF	\$55.25 + \$35.00 AMF
* NEW Acrobatic		Running upon availability			\$110.25 + \$35.00 AMF	\$55.25 + \$35.00 AMF
DROP IN Mommy & Me School Age	7:30-8:30 (ages 10-14)		10:00 - 11:00 2:30-3:30	10:00 - 11:00	\$6.00 Drop In Fee + \$35.00 AMF	Drop in Cards Available
Teen & Adult		8:00 - 9:30		8:00 - 9:30	\$12.00 Drop In Fee + \$35.00 AMF	Drop in Cards Available

TumbleBugs- 45 min parent and tot program for children ages 18 months-3 years of age. The child's guardian actively participates with their child in various circuits throughout the gym with the guidance of a coach. Explore all of the gymnastics apparatuses while enjoying great physical activity, which helps to increase your child's gross motor skills, coordination, balance, and strength.

Kindergym- 1 hour class and is for children 3-5 years of age. Preschoolers will experience a wide variety of activities which will give them an opportunity to playfully discover the gymnastics world. This class is designed to promote the development of school readiness skills, gross motor skills, muscle development and coordination.

Girls & Boys CANGYM Program- These programs are grouped according to age and increase in time length by age. Participants in these classes will progress through the CANGYM program. Each gymnast will receive a certificate of achievement while acquiring strength, flexibility, body alignment, coordination and basic gymnastics skills.

Girls ages 5-6- 1 hour , 7-9- 1.5 hours , 10-14 - 2 hours

Boys 5+ - 1.5 hours

Tumbling & Trampoline - 1.5 hour class focusing on basic trampoline skills. Using the floor and trampoline to progress and increase skills on both trampoline and floor.

Flexibility/Strength- 1 hour classes for ages 6+ to focus on the development of basic gymnastics skills and fundamentals.

***NEW Leaps & Bounds *Special Needs-** 1 hour class for ages 4+. We believe that gymnastics is for everyone! We're committed to providing every child the opportunity to develop fundamental gross movement skills and discover the fun and thrill of gymnastics. Caregivers or guardian is permitted to assist if needed as the children experience a variety of sensory inputs and social interactions.

***NEW Aerobic** - 1 hour class for ages 7+ and will focus on developing agility, coordination and self confidence. Building strength and flexibility, preparing the body for life's challenges. This class is modern, fast paced and intense and combines dynamic, continuous sequences of high and low impact steps.

*** NEW Acrobatic** - 1 hour class for ages 7+ that will focus on enhancing balance, coordination and agility. Develops posture and confident body movement, including the ability to land safely. Challenges the mind and body to courageously reach new goals , builds strength, flexibility and power.

* NEW Gymnastics Yoga -

Drop In Classes

* Drop in Family discount cards or multiple visit cards are available at the registration desk

Mommy & Me & School Age- 1 hour drop in class for all ages. Participants in this class ages 3 and under will require parent assistance, all children will work in an open gym atmosphere through the guidance of a certified coach.

Teen & Adult - 1.5 hour drop in class for ages 15+. Participants in this class will work in an open gym atmosphere through the guidance of a certified coach. Whether you want to stretch , condition or learn gymnastics skills this open gym time is for you!

“Soaring to new heights”

AMF= Annual Membership Fee