

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, our website and Facebook page. 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 makeup classes for those who are absent from any class.

Annual Membership Fee: Every athlete enrolled at the gymnastics club is required to pay the 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 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 payment plans must be paid on the first of each month; post dated cheques can be left at the time of registration.

P.A Day Camps: Register early to save your spot! P.A Day camps will run from 9 am to 5 pm and will cost \$30.00 for registered members. Please advise that by the second Camp day you will owe the AMF. All camps will have a theme . Snacks and lunch will not be provided however there is a vending machine on site or a hot food option is available for \$6.00 including a drink please order food when registering.

P.A Days and Camps:

Christmas Break: Wednesday December 27th,
Thursday December 28th and Friday December
29th. Tuesday January 2nd to Friday January 5th
2018.

February 2nd - P.A Day Cupid shuffle

February 19th - FAMILY Day Drop in

March Break: Monday March 12th to Friday March
16th 2018



12 Week Recreational WINTER Session 2017-2018

Winter session starting
December 4th 2017 -
March 10th 2018

Register by phone, in person
or by email at:

rec.bkgegc@mdirect.net

245 Marlborough St. N, P.O Box #412
Blenheim, Ontario
Phone: (519) 676-4449 Fax (519) 676-1457
Email: bkgegc@mnsi.net
website: www.blenheimgoldeneagles.com
Facebook: @blenheimgoldeneaglesgymnastics

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

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Cost for 12 Weeks | Monthly Pymt plans (3 pymts) |
|---------------------------------|----------------------|---|---|---|----------------------------|---|--|------------------------------|
| Tadpoles | | 8:45 - 9:15 | | | | 8:15 - 8:45 | \$73.50 + \$35.00 AMF | \$24.50 + \$35.00 AMF |
| Tumblebugs | | 9:15-10:00 5:00 - 5:45 6:00 - 6:45 | 5:00 - 5:45 5:45 - 6:30 | 5:00 - 5:45 | | 8:45 - 9:30 9:45 - 10:30 | \$110.25 + \$35.00 AMF | \$36.75 + \$35.00 AMF |
| Kindergym | | 10:00 - 11:00 5:00 - 6:00 6:00 - 7:00 | 4:45 - 5:45 6:00 - 7:00 7:00 - 8:00 | 5:00 - 6:00 | 5:00 -6:00 | 8:30 - 9:30 9:30 - 10:30 10:45 - 11:45 1:00 - 2:00 | \$147.00 + \$35.00 AMF | \$49.00 + \$35.00 AMF |
| Girls 5-6 | | | 4:45 - 5:45 6:00 - 7:00 7:00 - 8:00 | 5:00 - 6:00 6:15 - 7:15 7:15 - 8:15 | 6:00 - 7:00 | 8:30 - 9:30 9:30 - 10:30 10:45 - 11:45 1:30 - 2:30 | \$147.00 + \$35.00 AMF | \$49.00 + \$35.00 AMF |
| Girls 7-9 | | | 5:00 - 6:30 6:30 - 8:00 | 4:45-6:15 6:15 - 7:45 | 5:30 - 7:00 7:00 - 8:30 | 9:00 - 10:30 10:30 - 12:00 12:00 - 1:30 | \$220.50 + \$35.00 AMF | \$73.50 + \$35.00 AMF |
| Girls 10 - 14 | | | 6:30 - 8:30 | 6:00 - 8:00 | | 10:30 - 12:30 | \$294.00 + \$35.00 AMF | \$98.00 + \$35.00 AMF |
| Boys 5+ | | | 5:00 - 6:30 6:30 - 8:00 | 5:00 - 6:30 6:30 - 8:00 | 6:30 - 8:00 | 10:30 - 12:00 | \$220.50 + \$35.00 AMF | \$73.50 + \$35.00 AMF |
| Leaps & Bounds Special Needs | | | | | | 1:00 - 2:00 | \$147.00 + \$35.00 AMF | \$49.00 + \$35.00 AMF |
| Tumbling & Trampoline Ages 6-9 | | | 6:00 - 7:30 | | | | \$220.50 + \$35.00 AMF | \$73.50 + \$35.00 AMF |
| Tumbling & Trampoline Ages 10+ | 6:30 - 8:00 | | 7:00 - 8:30 | | | | \$220.50 + \$35.00 AMF | \$73.50 + \$35.00 AMF |
| Flexibility & Strength | | 7:00 - 8:00 | | | | | \$147.00 + \$35.00 AMF | \$49.00 + \$35.00 AMF |
| Aerobic | 4:00 - 5:00 | | | | | | \$147.00 + \$35.00 AMF | \$49.00 + \$35.00 AMF |
| Acrobatic | 5:00 - 6:00 | | | | | | \$147.00 + \$35.00 AMF | \$49.00 + \$35.00 AMF |
| DROP IN Mommy & me, School aged | | | 10:00 - 11:00 | 10:00 - 11:00 | | 12:00 - 1:00 | \$6.00 / hr + \$35.00 AMF | Drop in Cards available |
| Tween & Adult | Tween 8:00 - 9:00 | Adult 8:00 - 9:30 | | Adult 8:00 - 9:30 | | | \$6.00/ hr + \$35 AMF \$12.00/ hour and 1/2 + \$35.00 AMF | Drop in card available |
| Day care Drop in | | 11:00 - 12:00 | | | | | \$6.00/ hr + \$35.00 AMF | |
| Homeschool | 2:00 - 3:30 | | | | | | \$220.50yr + \$35.00 AMF | \$73.50 + \$35.00 AMF |

***NEW* Tadpoles** - 30 min parent and tot program ages 8 months to 18 months. Designed for those little hand and feet to learn and explore new surroundings. This program is designed to help you and your child learn and grow gross motor skills by climbing and crawling over, under and around various gymnastics equipment. Your child will develop fine motor skills by picking up and moving objects in the gym.

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 5-7- 1.5 hours, Boys 8+ 1.5 hours.

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

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.

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.

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.

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 ages crawling to 8 yrs.. Participants in this class ages 3 and under will require parent assistance, all children will work in a 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!

Tween Drop in - 1 hour drop in class for ages 9-14yrs. Participants in this class will work in an open gym atmosphere through the guidance of a certified coach.