

Program Description

Parent & Tot 18mths - 3yrs

This is a special time for parents to spend time in a great environment with their child. Focus on fun, fitness and fundamentals under the guidance of a certified coach.

Kindercise 3 1/2 yrs-4 1/2 yrs

This is a great structured program that introduces your child to gymnastics. It focuses on the dominant movement patterns with creative circuits specialized for this age group.



Jr.Cise 4 1/2- 6yrs

Beg/Adv levels

Creative circuits, structure & independence is what this program is about. Developing strength, flexibility and balance in a fun & safe environment.

Cheerleading

7yrs & up

Recreational cheerleading is a perfect Introduction to the world of all-star Cheerleading.



Girls Rec ages 6 & up

Fun and challenging is what our recreational program is all about. Exciting group warm ups and innovative event*circuit training to develop skills for our level system.



Teen 11 & up

Teens come out and socialize and get fit too! Develop self-esteem, confidence, strength & flexibility. Masters is for the older advanced gymnast.

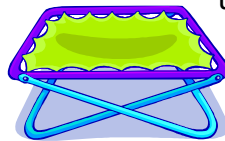
Achievement

For the Level 6 & up advanced gymnast. Need more challenge? This is the program for you. *Must be pre-selected.

Trampoline & Tumbling

7yrs & up

Have fun on our 40ft long tumble trak! If you love to jump around and want to develop more skills in a safe environment while working on the level system, give this program a try.



Ask about our Testing for our Competitive Programs!

Program Days/Times

Program	Day	Times
P&T 18mths - 3 yrs	Mon- Thurs	10-10:45
Kindercise 3 1/2 - 4 1/2	Mon - Thurs	10:45 - 11:30
Jr.Csie 4 1/2 - 6yrs	Mon - Thurs	11:30 - 12:30
Tramp & Tumble	Thurs 7 - 10 yrs & up	10 - 11:00
	Thurs 11 - 15yrs	11 - 12:00
Girls Rec 6- 12 yrs	Mon - Thurs	11:30 - 1:00
Cheerleading	Tues 7 - 10yrs	10:45 - 11:30
	Tues 11 - 16yrs	11:30 - 12:30
Teen Gym 11 - 16yrs	Wed	11:30 - 1:00
Achieve.	Mon	10 - 1:00

Price List
6 weeks summer

Parent & Tot	\$58.50
Kindercise	\$68.50
Jr.Cise	\$78.50
Girls Rec	\$88.50
Teen Gym	\$88.50
Tramp & Tumble	\$78.50
Cheerleading	\$78.50
Achievement	\$177.00

Fall/Spring 12 week Price List

Parent & Tot	\$110.75
Kindercise	\$115.50
Jr.Cise	\$126.00
Girls Rec	\$173.25
Boys Rec	\$173.25
Teen Gym	\$173.25
Cheerleading	\$126.00
Tramp & Tumble	\$126.00
Dance & Gym 1hr	\$126.00
Dance & Gym 1.5hrs	\$173.25
Achievement	\$315.00

Refunds issued with medical note only.

\$5 discount for 2nd child,\$10 for 3rd, \$15 for 4th.

Prices subject to 13% HST(July 1st)

\$25 Gymnastics Ontario annual Insurance Fee.

Summer July & Aug /10

Fall Sept - Dec/ 10

Winter Jan - Mar /11

(closed for march break)

Spring Mar- June/11

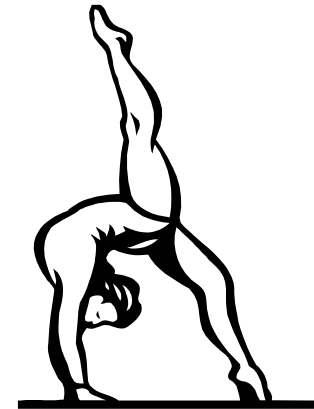
Clarington Gymnastics Academy is a privately Canadian owned and operated gymnastics club that is located in a 10,000 sq.ft bright clean facility located just off the 401 Liberty St. Exit.



There is a potential risk for injury involved in training & participating in any sport. Both Clarington Gymnastics and Gymnastics Ontario have tried to create a safe & controlled environment for each participant. Rules have been established and must be followed.

Visit us at:
www.clargym.com

Clarington Gymnastics Academy



**2010
Summer
Programs**

Members of Gymnastics Ontario

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