

Summer Programs

Descriptions

Parent & Tot 18mths – 3yrs

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

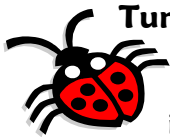
Cricket 31/2 yrs–41/2 yrs

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.



Tumble Bugs 41/2– 6yrs

Creative circuits, structure & independence is what this program is about. Children will work on gross motor development in a fun & safe environment.



“New”DragonFlies 5 – 7yrs

A creative new musical program that combines instruments and musical movement! ½ time spent with instruments, ½ spent in the gym.



“New”Specific Sport Conditioning (SSP)

Specialized program for figures skaters during the off ice season. Keep up your flexibility and skill level with challenging circuit training.

Look for our “New” Programs

Acro/Masters

This is a specialized program just for any recreational girl or boy. Designed to help develop acro skills .

Boys & Girls ages 5 – 7yrs/ 8 – 12 yrs

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 & Masters Gym ages 12 & up

Teens come out and socialize and get fit too! Develop self-esteem, confidence, strength & flexibility.

“New”Open Gym Night

Are you retired gymnasts, trampolinist or dancer? This may be just what you need to keep up those cherished skills and stay in shape too!

Trampoline & Tumbling Ages 5 – 7yrs/ 8 – 12 yrs

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.

Program	Day	Times
P&T	Mon	10-10:45
18mths-3yrs	Tues	10-10:45
Cricket 31/2 yrs–41/2 yrs	Mon	11-11:45
	Tues	11-11:45
	Wed	10-10:45
	Thurs	10-10:45
Tumblebugs 4.5-6yrs	Mon	12-1:00
	Tues	12-1:00
	Wed	11-12
	Thurs	11-12
Dragonflies	Thurs	12-1:00
	Thurs	4 - 5
Tramp & Tumble	Tues	5 - 6
	5- 7yrs	
	8 – 12yrs	6 - 7
Specific Sport Cond.	Wed	5 – 6:00
	5– 7yrs	
	8-12yrs	6 – 7:00
Open Gym Nite	Mon	6 –7:30
Girls Rec	Mon- Thurs	6 – 7:30
	5- 7	
	Mon – Thurs	6 –7:30
	8 – 12	
Boys Rec	Mon	6 – 7:30
	6- 12	
Teen/Acro/Masters	Wed	6-8:00
	12+up	

Summer Price List 6 weeks

Parent & Tot	\$54.00
Cricket	\$54.00
Tumble Bugs	\$63.00
Dragonflies	\$63.00
Girls Rec	\$78.00
Boys Rec	\$78.00
Teen Gym	\$78.00
Masters Gym	\$117.00
Tramp & Tumble	\$63.00
Specific Sport Cond.	\$63.00

Refunds issued with medical note only.

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

Prices subject to 6% GST

\$25 Gymnastics Ontario annual Insurance Fee.

We reserve the right to cancel classes due to low enrollment.



Clarington Gymnastics Academy is a privately 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.

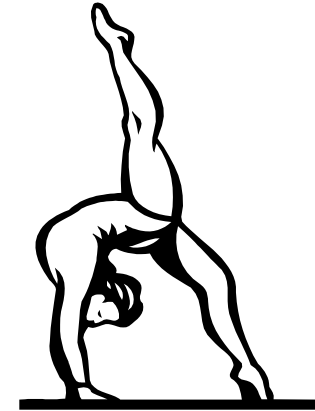
There is a potential risk for injury involved in training & participating in any sport. Both Clarington Gymnastics and Gymnastics Ontario have tried to create a safe & controlled environment for each participant. Rules have been established and must be followed.

Clarington Gymnastics also offers:

- Birthday Parties
- Competitive Programs
- NCCP Certified Coaching Team
- Clean & safe facility

Visit us at:
www.clargym.com

Clarington Gymnastics Academy



**2007
Summer
Programs**

**Members of Gymnastics
Ontario**

**422 Lake Rd Bowmanville ON
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www.clargym.com

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