

## ONLINE REGISTRATION

OGC takes online registration for all recreational programs and camps. Registration start dates are posted throughout the Club, in local papers and on our website. Please visit [www.oakvillegym.com](http://www.oakvillegym.com) for more information.

## OUR CLUB

They walk comfortably on the balance beam, swing on the bars, jump on the trampoline and hang from the rings. The gym is full of kids in shorts, leotards and bare feet; climbing, tumbling and smiling. Young children need a program that teaches them to move their bodies in new ways while learning to improve balance, flexibility, coordination and gross motor skills. Gymnastics is fun, safe, and enhances fitness and confidence. Coaches receive specialized training in working with children in gymnastics, and are governed by the professional standards of the Coaching Association of Canada. They are certified through the National Coaching Certification Program.

## RULES & POLICIES

**Additional Fees:** \* \$30.00 non-refundable annual Gymnastics Ontario insurance and registration fee (July 1<sup>st</sup>, 2018 to June 30<sup>th</sup>, 2019).

\* \$35.00 New Building Fund (one time charge per new family)

**Refund Policy:** Refunds are only given up to one week prior to the start of the term and will incur a \$30.00 administration fee.

**What to Wear:** Children will need to wear shorts and a t-shirt (or other comfortable clothing - no skirts, jeans, belts, buckles or zippers), have hair tied back, bare feet and no jewellery.

**Missed Classes:** Due to coach/athlete ratios, make-up classes are not available. In the event of a Club cancellation, a make-up class will be offered at the Club's discretion.

**Nut Allergy:** Due to an increase of nut allergies in children, all participants must refrain from bringing nuts and nut products into the Club.

**Visitors:** Parents and visitors are not allowed on the gym floor unless participating in a Parent and Tot class. Parents and visitors are invited to watch from the viewing area upstairs. Please do not distract or talk to the children participating in the classes as interruptions may result in injury. **Photography is not permitted without prior permission from the Rec. Director.**

**Minimum Age:** Children must be the minimum age of the program by October 5<sup>th</sup>, 2018.

**Pick Up:** **CHILDREN MUST BE PICKED UP ON TIME OR A LATE FEE WILL APPLY**

# OAKVILLE GYMNASTICS CLUB

# FALL SESSION

September 8<sup>th</sup> – December 7<sup>th</sup>, 2018



Website: [www.oakvillegym.com](http://www.oakvillegym.com)

Glen Abbey Community Centre  
1-1415 Third Line • Oakville • Ontario • L6M 3G2  
Phone: 905-847-7747  
Email: [info@oakvillegym.com](mailto:info@oakvillegym.com)

| PROGRAM              | PARENT & TOT (1 HR)                        | GYM MINI CRICKET (1 HR)                    |                       | ADVANCED GYM MINI CRICKET (1.5 HR) | GIRLS RECREATION (1.5 HR) |           |           | ADVANCED GIRLS RECREATION (2 HR) |             | BOYS RECREATION (1.5 HR) |          | TRAMPOLINE AND TUMBLING |             |             | ACRO (1.5 HR) |
|----------------------|--|--|-----------------------|------------------------------------|---------------------------|-----------|-----------|----------------------------------|-------------|--------------------------|----------|-------------------------|-------------|-------------|---------------|
|                      |  | Beginner (1 HR)                            | Intermediate (1.5 HR) | Advanced (1.5 HR)                  | 6&7 years                 | 8&9 years | 10+ years | 6-9 years                        | 9+ years    | 6&7 years                | 8+ years | 7+ years                |             |             |               |
| AGE                  | 18mo-3yr                                   | 3 years                                    | 4&5 years             | 4&5 years                          | 6&7 years                 | 8&9 years | 10+ years | 6-9 years                        | 9+ years    | 6&7 years                | 8+ years | 7+ years                |             |             | 6+ years      |
| MINIMUM REQUIREMENTS | N/A  | N/A  |                       | GMC LEVEL 3                        | N/A                       |           |           | REC LEVEL 5                      | REC LEVEL 6 | N/A                      |          | N/A                     | T&T LEVEL 3 | T&T LEVEL 7 | N/A           |
| FEE                  | \$220                                      | \$225                                      |                       | \$295                              | \$295                     |           |           | \$395                            |             | \$295                    |          | \$240                   | \$320       | \$320       | \$320         |
| <b>SATURDAY</b>      | 9:00                                       | 9:00                                       | 9:00                  | 9:00                               | 9:00                      |           |           |                                  |             |                          |          |                         |             |             |               |
|                      | 9:30                                       | 9:30                                       | 9:30                  |                                    |                           |           |           |                                  |             |                          |          |                         |             |             |               |
|                      | 10:00                                      | 10:00                                      | 10:00                 |                                    |                           |           |           |                                  |             |                          |          |                         |             |             |               |
|                      | 10:30                                      | 10:30                                      | 10:30                 | 10:30                              | 10:30                     | 10:30     |           |                                  |             |                          |          |                         |             |             |               |
|                      | 11:00                                      | 11:00                                      | 11:00                 |                                    |                           |           |           |                                  |             |                          |          |                         | 12:30       |             |               |
|                      | 1:00                                       | 1:00                                       | 1:00                  | 1:00                               | 1:00                      |           |           |                                  |             |                          |          |                         | 1:00        |             |               |
|                      | 2:00                                       | 2:00                                       | 2:00                  |                                    |                           |           |           |                                  | 2:00        |                          |          |                         | 2:00        |             |               |
| 3:00                 | 3:00                                       | 3:00                                       |                       |                                    | 2:30                      | 2:30      |           |                                  |             |                          |          | 3:00                    |             |             |               |
| <b>SUNDAY</b>        | 9:00                                       | 9:00                                       | 9:00                  | 9:00                               | 9:00                      |           |           |                                  |             | 9:00                     | 9:00     |                         |             |             |               |
|                      | 9:30                                       | 9:30                                       | 9:30                  |                                    |                           |           |           |                                  |             |                          |          |                         |             |             |               |
|                      | 10:00                                      | 10:00                                      | 10:00                 |                                    |                           |           |           |                                  |             |                          |          |                         |             |             |               |
|                      | 10:30                                      | 10:30                                      | 10:30                 | 10:30                              | 10:30                     |           |           |                                  |             | 10:30                    | 10:30    |                         |             |             |               |
|                      | 11:00                                      | 11:00                                      | 11:00                 |                                    |                           |           |           |                                  |             |                          |          |                         |             |             |               |
|                      |  |  |                       | 1:00                               | 1:00                      | 1:00      | 1:00      |                                  |             |                          |          |                         | 1:00        | 12:30       |               |
|                      |  |  | 2:00                  |                                    |                           |           |           |                                  |             |                          |          | 2:00                    |             |             |               |
|                      |  |  | 3:00                  |                                    | 2:30                      | 2:30      | 2:30      |                                  |             |                          |          |                         |             |             |               |
| <b>MONDAY</b>        | Drop-in 9:30-11:30 (see flyer for details) | Drop-in 9:30-11:30 (see flyer for details) | Drop-in 9:30-11:30    | 4:30                               | 4:30                      | 4:45      |           | 5:00                             |             | 4:30                     | 4:45     |                         |             |             |               |
|                      | No class Oct 8<br>Make-up Dec 10           |  | 4:00                  | 6:00                               | 6:00                      | 6:15      | 6:00      |                                  |             | 6:00                     | 6:15     |                         |             |             |               |
|                      |  |  | 5:00                  |                                    | 6:15                      |           | 7:30      |                                  | 7:00        |                          |          | 7:30                    | 7:30        | 7:30        |               |
| <b>TUESDAY</b>       | 9:30                                       | 9:30*                                      | 9:30*                 | 9:00                               | 4:30                      | 4:45      |           |                                  |             | 4:30                     |          |                         |             |             |               |
|                      | 10:30                                      | 10:30*                                     | 10:30*                |                                    | 4:45                      | 4:45      |           |                                  |             |                          |          |                         |             |             |               |
|                      |  | 1:00*                                      | 1:00*                 | 1:00                               | 6:00                      | 6:15      | 6:00      |                                  |             | 6:00                     |          | 6:00                    |             |             |               |
|                      |  | 4:00                                       | 4:00                  | 4:30                               | 6:15                      | 6:15      |           |                                  |             |                          |          | 7:00                    | 7:30        |             |               |
|                      |  | 5:00                                       | 5:00                  | 6:00                               |                           |           | 7:30      |                                  |             |                          |          | 8:00                    | 7:30        | 7:30        |               |
| <b>WEDNESDAY</b>     | Drop-in 9:30-11:30 (see flyer for details) | Drop-in 9:30-11:30                         | Drop-in 9:30-11:30    |                                    | 4:30                      | 4:45      |           | 5:00                             |             | 4:30                     | 4:45     |                         |             |             |               |
|                      |  | 1:00*                                      | 1:00*                 | 1:00                               | 6:00                      | 6:15      | 6:00      |                                  |             | 6:00                     | 6:15     |                         |             |             |               |
|                      |  | 4:00                                       | 4:00                  | 4:30                               | 6:15                      | 6:15      |           |                                  |             |                          |          |                         |             |             |               |
|                      | No class Oct 31<br>Make-up Dec 12          |  | 5:00                  | 6:00                               |                           |           | 7:30      |                                  | 7:00        |                          |          | 7:30                    | 7:30        | 7:30        |               |
| <b>THURSDAY</b>      | Toddler Time (10-24 mths) 9:00**           | 9:30*                                      | 9:30*                 |                                    | 4:30                      | 4:30      |           |                                  |             |                          |          |                         |             |             |               |
|                      | 9:45**                                     | 10:30*                                     | 10:30*                |                                    | 4:45                      | 4:45      |           |                                  |             |                          |          |                         |             |             |               |
|                      | 9:30                                       | 1:00*                                      | 1:00*                 | 1:00                               | 6:00                      | 6:15      | 6:00      |                                  |             |                          |          | 6:00                    |             |             |               |
|                      | 10:30                                      | 4:00                                       | 4:00                  | 4:30                               | 6:15                      | 6:15      |           |                                  |             |                          |          | 7:00                    | 7:30        |             |               |
|                      |  | 5:00                                       | 5:00                  | 6:00                               |                           |           | 7:30      |                                  |             |                          |          | 8:00                    |             |             |               |
| <b>FRIDAY</b>        |  | 4:00                                       | 4:00                  |                                    | 4:30                      | 4:45      |           |                                  |             | 4:30                     |          |                         | 4:45        |             | 4:45          |
|                      |  |  | 5:00                  |                                    | 6:00                      | 6:15      |           |                                  |             | 6:00                     |          |                         | 6:15        |             | 6:15          |

Fees listed are for one class/week and times listed are START TIMES. \* Daytime GMC 3 and GMC 4&5 1hr classes will be combined. \*\*\$155 for 45min class