

Brockville Gymnastics Academy

Fall 2020 Recreational Program

Beginning the week of September 14th, 2020 ~ 12 WEEKS



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Club Director: Emily Dancy

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Class Schedule (12 weeks)

Class	Age	Duration Price	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
You & Me	1-3 years	30 mins \$169						8:00 - 8:30am(8) 8:45 - 9:15am (8) 9:30 - 10:00am (8)
You & Me 2	2-3 years	45 mins \$193						10:15 - 11:00am(5)
Mini/Tiny Tumblers	3-5 years	1 hour \$241	4:15 - 5:15pm (10)	4:00 - 5:00pm (5)	4:30 - 5:30pm (5) 5:00 - 6:00pm (5)	4:00 -5:00pm (5)		11:15 - 12:15pm (15)
Adv Tiny Tumblers	4-5 years	1.5 hours \$277	4:15 - 5:45pm(5)					11:45 - 1:15pm (5)
Mini Elites (Prev. exp. req'd)	4-6 years	2 hours \$337	4:00 - 6:00pm(5)		4:00 - 6:00pm(5)			
Junior Boys	5-6 years	1.5 hours \$277	5:45 - 7:15pm(5)					
Boys Tumblers	6-8 years	1.5 hours \$277			4:30 - 6:00pm(5)			
Boys Tumblers	9 and up	1.5 hours \$ 277			6:15 - 7:45pm(6)			
Girls Tumblers	6-8 years	1.5 hours \$277	5:30 - 7:00pm(10)		5:45 - 7:15pm(10)			12:30 - 2:00pm(6) 2:15 - 3:45pm(6)
Girls Tumblers	9 and up	1.5 hours \$277	5:30 - 7:00pm(6)		6:45 - 8:15pm(6)			12:30 - 2:00pm(6) 2:15 - 3:45pm(6)
Girls Advanced	8 and up	2 hours \$337	6:00 - 8:00pm (6)		6:15 - 8:15pm(6)			1:15 - 3:15pm(6)
Acro Dance	6 and up	1 hour \$241			6:15 - 7:15pm(5)			
Dance and Gym	5-7 years	1.5 hours \$277			4:30 - 6:00pm(5)			10:30 - 12:00pm(5)
Adult Gym	18 and up	1.5 hours \$277	7:15 - 8:45pm (6)					
Bubble Class		1 hour \$241	3:00 - 4:00pm	11:15 -12:15pm 3:00 - 4:00pm	3:30 - 4:30pm	11:30 - 12:30pm	2:00 - 3:00pm	2:30 - 3:30pm

*Number in brackets indicates the number of spots available

CLASS DESCRIPTIONS



You & Me (1-3 years) Our You & Me program enables you to learn, laugh, and play with your child in a unique and safe environment. One parent or caregiver must participate with the child. This program is designed to improve physical and social development. We also have a [Movers and Shakers Playschool](#) program.

You & Me II (2.5-3 years) This class involves structured activity. One parent or caregiver must participate with the child. This program is designed to improve physical and social development to prepare for the Mini Tumblers program.

Mini & Tiny Tumblers (2.5-5 years) Our mini and tiny tumbler programs are filled with structured activities and games involving basic gymnastics skills.

Adv. Tiny Tumblers (4.5-5.5 years) This class is filled with structured activities and games involving more advanced gymnastics skills than the Tiny Tumblers program. It is encouraged that gymnasts have experience with the TT program.

Mini-Elites (4-6 years, by invite only) This class focuses on more fundamental advanced skills than the Tiny Tumblers Program. Gymnasts have shown a high level of potential and will work on essential skills with a bigger focus on strength (upper/lower body, core), flexibility, landings, and balance.

Junior Boys (5-6 years) Gymnasts have completed the Tiny Tumbler program for more than 2 sessions and have shown readiness for a longer class time. Athletes will work on skills to prepare for Girls/Boys Tumblers class.

Girls/Boys Tumblers (6+) During sessions one and two, our recreational gymnasts will progress through the CANGYM badge program as they acquire skills of increasing difficulty.

Dance & Gym (5+ years) This class combines both gymnastics and 30 mins of dance. At the end of each session, gymnasts will present a group dance routine. During sessions one and two, gymnasts progress through the CANGYM badge program.

Acro Dance (6+ years) A dance style that seamlessly blends dance and acrobatics. Acro dance technique includes balancing, limbering, tumbling and partnering, based in flexibility, contortion, and strength.

Adult Gymnastics (18+) Come learn how to move, great for building strength, balance and overall body composition.

NEW Bubble Gym - this program is offered to groups of children who are in social bubbles with their friends. One class registration is valid for up to 6 kids; must have a minimum of 4 participants.

CLASS GUIDELINES



Class prices **include** Gym Enhancement fee (\$50) and Gymnastics Ontario insurance fee (\$35) - paid once per year (Sept 1- June 30).

Payment due at registration. Spots are not confirmed until full payment is received. All payments will be made via e-transfer to avoid contact.

No makeup classes for snow days - schedule follows UCDSB bus cancellations.

Bare feet in the gym, long hair tied back, no jewelry.

There will be a \$15 charge for duplicate receipts. Please retain receipts for tax purposes.

Please follow us on Facebook for important gym updates
www.facebook.com/brockvillegym

COVID-19 GUIDELINES



Pre-screening questionnaire must be completed each week prior to entering the facility for class; follow the link provided once registered.

Drop-off will take place at the front door, pick-up will take place at the side gym door on Gilmour.

In compliance with Ministry mandated capacity levels, **parents will not be permitted to stay inside the facility or viewing area.**

If we face a second government mandated shut down our policy will be: if more than 25% of classes remain in the session, credit will be determined at the discretion of the Board of Directors.

Following all guidelines by Public Health and Gymnastics Ontario (physical distancing, screening, hand washing, equipment cleaning) - no spotting of any skills will be permitted

Gymnasts will not be permitted to attend class if they have any symptoms that may be related to COVID-19.

FALL 2020 SCHEDULE



Monday - starts Sept 14, ends Dec 7
 Tuesday - starts Sept 15, ends Dec 1
 Wednesday - starts Sept 16, ends Dec 2
 Thursday - starts Sept 17, ends Dec 3
 Saturday - starts Sept 19, ends Dec 5

September

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

GYM CLOSURES

Thanksgiving | October 12
 Christmas | December 21-31

PA DAY CAMP

Friday November 27th, 2020