

Program Information

Parent & Tot:

This program is for 2 year old girls and boys and is 45 minutes in length. Children in this program will develop strength, balance and co-ordination while they learn basic gymnastics skills on the trampoline, floor, bars and beam with the assistance of their parent. One parent per child is permitted in the gym.

Kindergym:

This program is for 3 & 4 year old girls and boys and is 1 hour in length. Children in this program will develop strength, balance and co-ordination while they learn basic skills on the trampoline, floor, bars and beam. The class ratio is 6:1.

Instructional Girls Ages 5 & up:

Girls in the Instructional program will learn and master skills on the floor, bars, beam, trampoline and vault while working through the CANGYM recreational level system which emphasizes proper learning progressions. This class is 1.5 hours in length. The class ratio is 8:1. Gymnasts will progress at their own rate and beginners are always welcome!

Instructional Boys Ages 5 & up:

Boys in the Instructional program will learn and master skills on the floor, vault, high bar, parallel bars, rings and trampoline while working through the CANGYM recreational level system which emphasizes proper learning progressions. This class is 1.5 hours in length. The class ratio is 8:1. Gymnasts will progress at their own rate and beginners are always welcome!

Teen Program 12 & up:

Teen gymnasts are exempt from testing. Emphasis is on skill acquisition and fitness.

Competitive Program

Artistic:

Vaughan Gymnastics offers Inter-club, Pre-Competitive and Provincial programs for girls and boys ages 7 and up. All gymnasts must be tested prior to acceptance. Trainings range from 2 to 4 times/week. Inquire in the office for further details.

Trampoline:

Our newest program, started in 2007, is offered for boys and girls ages 8 and up. All participants must be tested prior to acceptance. Trainings range from 1 to 2 times/week for Inter-club and 2 to 3 times/week for Provincial. Inquire in the office for more details.

Registration Information & Policies

Space is limited in each class. Registrations are accepted on a first-come first-serve basis. **Registrations are not considered confirmed unless full payment is received.**

Registrations are accepted in person or by mail. **We do not accept registrations over the phone.**

Payments are accepted by cash or cheque only. Cheques are to be made payable to "Vaughan Recreational Gymnastics".

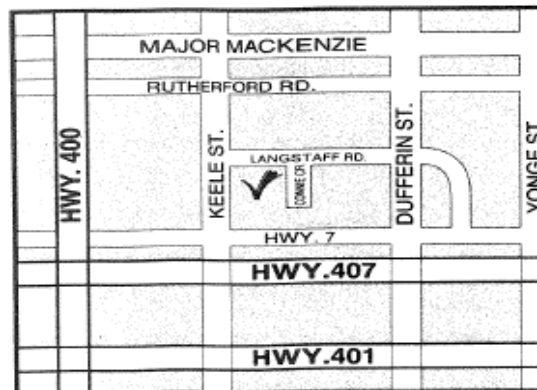
Vaughan Recreational Gymnastics reserves the right to cancel classes, combine age groups or request gymnasts to change their selection if there is insufficient enrollment in a class.

No make up classes are available unless Vaughan Recreational Gymnastics cancels a class. Classes may be cancelled or rescheduled due to weather conditions or unforeseen circumstances.

Refunds or credits are available upon request. Refunds will be subject to a \$30 administrative fee. Refunds and credits are calculated effective the date the office is notified. Absence does not constitute withdrawal. The G.O. registration fee is non-refundable.

Registrants **must** be the correct age for the selected class within 30 days of the start date of the session.

Location



Vaughan Recreational Gymnastics

Gymnastics & Trampoline Programs for Girls & Boys Ages 2 & up!



**September 2009
to
June 2010**



Office: (905) 660-7800
Website: www.vaughangymnastics.ca
E-mail: vaughangymnastics@rogers.com

15 Connie Crescent, Unit 9
Vaughan, Ontario
L4K 1L3

Recreational Schedule

Coaching

All of our recreational and competitive coaches are certified under the N.C.C.P. (National Coaching Certification Program) for artistic gymnastics and trampoline. All coaches are qualified to instruct and spot all gymnastics skills using safe and progressive techniques.

Bob Carisse-Technical Director

Bob is a former member of Canada's National Gymnastics Team and National Team Coach at the 1994 Commonwealth Games. Bob brings over 30 years of coaching experience and an academic background including NCCP, Hons. B.A. Physical Education (York University), B.Ed. (University of Toronto). Bob is a 2004 recipient of the York University Hall of Fame award.

Karren Lee-Head Coach/Administrator

Cheri Carisse -Recreational Director

Camps & Birthday Parties

Camps

Half day and full day gymnastics and acro camps are available during the summer on a weekly or daily basis.

Birthday Parties

Gymnastics birthday parties are offered on Sundays. Please enquire within the office for availability. \$10 discount for current members.

Session Dates

Session 1	September 8 to February 1
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Session 2	February 6 to June 21
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No Scheduled Classes

October 12	Thanksgiving
Dec 22 to Jan 3	Winter Break
Feb 2 to Feb 5	Session Changeover
February 15	Family Day
May 24	Victoria Day
May 29 & 30	Invitational Competition

Class	Duration	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
Trampoline 8&up Co-ed	1 hour		6:45		6:45		
Parent & Tot (2 years)	45 min						9:30 11:30
Kindergym 3&4 years	1 hour	6:15	5:00	9:30 1:30 6:15	5:00	10:00 11:15 1:00	10:00 10:15 11:15
5&6 Co-ed Daytime	1.5 hours			1:30			
5&6 Girls	1.5 hours	4:30 6:15	4:30	4:30 6:15	4:30	9:30 11:15 1:00	9:30 11:15
7&8 Girls	1.5 hours	4:30 6:15	4:30	4:30 6:15	4:30	9:30 11:15 1:00	9:30 11:15
9to11 Girls	1.5 hours	4:30 6:15	4:30	4:30 6:15	4:30	9:30 11:15 1:00	9:30 11:15
10 to 12 Girls (Purple & up)	1.5 hours	6:15 7:45		6:15 7:45		9:30 11:15	
12&up Girls	1.5 hours	7:45					
5to7 Boys	1.5 hours			4:30 6:15			9:30 11:15
6to8 Boys	1.5 hours	4:30 6:15					
8to11 Boys	1.5 hours			4:30 6:15			9:30 11:15

*Gymnasts must be the correct age for the selected class within 30 days of the start of class. Age groupings noted above are used by the office as a guide when scheduling classes. The office reserves the right to reasonably modify these age groupings based on actual registrations received.

Class Fees

Parent & Tot, Kindergym and Trampoline:

1 X per week \$295	2 X per week \$531
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Instructional Girls and Boys: Ages 5 & up

1 X per week \$390	2 X per week \$702
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Tramp & Gym Combo (8 & up):	\$616.50
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*An annual Gymnastics Ontario registration fee must be paid upon registration. For the 2009-2010 season the fee is \$16 per participant.

*A 10% discount will be taken off 2nd and subsequent children's fees. The discount is taken off the lesser of the fees.

*Session prices are based on a 19 week session. Classes on Monday in Session 2 will be 18 weeks. Fees will be \$370 for Instructional and \$280 for Kindergym and Trampoline.