

## Program Information

### 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:

Emphasis is on skill acquisition and fitness. Gymnasts will progress at their own rate and beginners are always welcome!

## 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.

## 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".

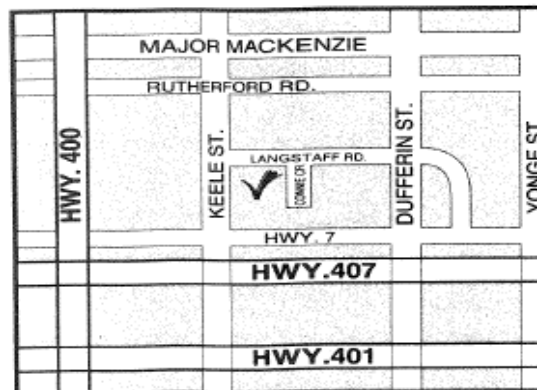
Vaughan Recreational Gymnastics reserves the right to cancel classes, combine age groups or request gymnasts to change their selection if there is insufficient enrollment in a class.

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 are available upon request until the start of the 4th class only. Refunds are subject to a \$30 administrative fee. The annual G.O. fee is non-refundable. Refunds and credits are calculated effective the date the office is notified. Absence does not constitute withdrawal.

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 Programs for Girls & Boys  
Ages 3 & up!*



**September 2010  
to  
June 2011**



Office: (905) 660-7800  
Website: [www.vaughangymnastics.ca](http://www.vaughangymnastics.ca)  
E-mail: [vaughangymnastics@rogers.com](mailto:vaughangymnastics@rogers.com)

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

## Recreational Schedule

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

	Kindergym & Daytime co-ed	Instructional Girls & Boys 5 years and over
Session 1 & 2 (19 weeks)	\$305 Per session	\$400 Per session

**Come twice a week, and save 10% on your 2nd day!**

### Session Dates

Session 1	September 7 to January 31
Session 2	February 5 to June 20

### Gymnastics Ontario Registration Fee

The annual Gymnastics Ontario registration fee of \$16 must be paid upon registration. Please remember to add this per-child fee onto your session fees!

### Sibling discount

\*A 5% discount will be taken off 2nd and subsequent children's fees. The discount is taken off the lesser of the fees.

### Allergy Alert!

This is a nut-free facility. Please adhere to this policy, so that all children may enjoy and safe and fun environment!

## 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

We offer March Break and Summer Camps for 3—12 year olds on a half-day or full-day basis depending on age. Acro camp for competitive dancers is offered during the summer.

### Birthday Parties

Gymnastics birthday parties are offered on Sundays from 1:15—2:45 or 3:00—4:30. Please enquire within the office for availability. We offer a \$10 discount off birthday party rates for current members.

## No Scheduled Classes

October 11	Thanksgiving
Dec 21 to Jan 2	Winter Break
Feb 1 to Feb 4	Session Changeover
February 21	Family Day (re-sched. to June 22)
May 23	Victoria Day
May 28 & 29	Invitational Competition