

# Dundas

## Gymnastics Classes

Online Registration Opens Saturday Dec 1, 2018 @gymmies.com

Dundas Valley Montessori  
(14 Kemp Drive, Dundas)

**Gymnastics!**

### 10 Week Winter Session Saturdays Jan 12 – Mar 23, 2019

To Register : Log on to our website at [www.gymmies.com](http://www.gymmies.com) & complete the online registration or register in person at

For details call Gymmies office (M-F 10-6pm) 905 765-1623.

Email: [gymmies-reg@rogers.com](mailto:gymmies-reg@rogers.com)



Activities include: acro tumbling, rebounder, vault, mini tramp, uneven bars, balance beam. All high activity! Program follows Canadian Gymnastics Federation Badge Program: burgundy to silver badges can be earned, taught by NCCP fully certified instructors (current & former athletes). Members wear shorts, t-shirts, bodysuits etc. Gymmies has 30 years+ experience in gymnastic instruction! Members wear bodysuits, shorts & t's, tracksuits etc.

Boys & Girls ages 16 months-12 years.

4 Class Options!

- ▷ Jamboree — 16 mth-3 yrs (with adult) → SAT 9:15-10:00am \$167
- ▷ Kinderkiddy — (PreK, JK) → SAT 9:15-10:00am \$167
- ▷ Combo: Primary / Junior — Primary (SK-Gr 2) & Junior (Gr 3-6) → SAT 10:00-11:00am \$188

Plus \$30 per new child registered for annual membership fee to Gymnastics Ontario

#### Typical 45 minute Class (for Jamboree & Kinderkiddy):

- Follows Can Gym Preschool Program
- Circle time & stretching- music action songs, movement skills, social interaction, games. Parents assist jamboree, coaches assist kinder kiddy with both structured & creative learning
- Circuit of fine & gross motor skills, bar & balance beam skills, floor activities, body positions, rolls, jumps, mini tramp- springs, obstacle course with weight transfer, tunnel, shaped mats.. All fun!

#### Typical 1 Hour Primary/Junior Class

(for grade SK-6) : 3 rotations plus warm up, cool down

- 10 minute game warm up & stretching. 5 min cool down
- Rotation 1 (15 minutes): *Tumbling Fundamentals*: rolls, walkovers, cartwheels, springs as ready
- Rotation 2 (15 minutes): *Vaulting skills*: Mini trampoline jumps, rotations, rebounder-spring skills,
- Rotation 3 (15 minutes): *balance beam progressions* including direction movement & skills, jumps, leaps

Email us too! [gymmies-reg@rogers.com](mailto:gymmies-reg@rogers.com)

Brought to you by Gymmies Gymnastics! A non-profit member club of Gymnastics Ontario



GET IN ON THE ACTION!

