

# Port Dover

## Gymnastics Classes

Online Registration Opens Fri Mar 8, 2019 @gymmies.com

Lakewood Elementary School  
(713 St George Street)

# Gymnastics!

## 10 Week Spring Session Wednesday Apr 3—June 12, 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 Gymmies: 10 Kinross St E Caledonia.

For details call Gymmies office (M-F 10-6pm) 905 765-1623.  
Email: [gymmies-reg@rogers.com](mailto:gymmies-reg@rogers.com)



Boys & Girls ages 16 months-12 years.

### 4 Class Options!

- ▷ Jamboree — 16 months-3 yrs (with adult) —> 6:15-7:00pm \$167
- ▷ Kinderkiddy — (PreK, JK) —> 6:15-7:00pm \$167
- ▷ Combo: Primary / Junior — Primary (SK-Gr 2) & Junior (Gr 3-6) —> Both 7-8pm \$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)**

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.

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



**GET IN ON THE ACTION!**

