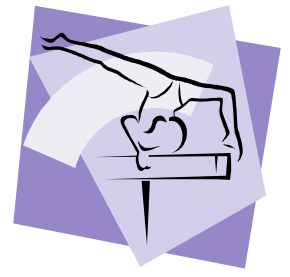


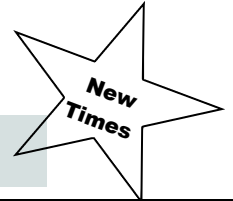
BURLINGTON GYMNASTICS CLUB

FALL 2010 13 WEEK SESSION



MAPLE GYMNASTICS CENTRE
710 MAPLE AVE
905.637.5774

KIDS IN MOTION CENTRE
4373 MAINWAY
905.335.1765



EDUCATIONAL FITNESS FUN FOR EVERYONE!!

KIM Programs	Cost	Age	Saturday Sept. 11	Monday Sept. 13	Tuesday Sept. 14	Wednesday Sept. 15	Thursday Sept. 16	Friday Sept. 17
Baby Gym 30 minutes	\$142	8 -18 months	9:00				4:30 5:30	9:30
Tumble Tots & Busy Bees Grasshoppers Dragonflies 60 minutes	\$220	18 months to 5 years	9:00 10:00 11:00	9:30 10:30 12:45 1:45 4:30 5:30 6:30	9:30 10:30 12:45 1:45 6:00	9:30 10:30 12:45 1:45	9:30 10:30 12:45 1:45 4:30 5:30 6:30	9:30 10:30
Super Bugs 90 minutes	\$270	4 & 5 years	11:00 1:00	6:00	9:30 12:45 6:00	9:30 4:30	6:00	
Gym School 3 hours twice a week	\$640	3 to 5 years		9:00	9:00	9:00	9:00	
Crickets 60 minutes	\$220	6 & 7 years	9:00 11:00 1:00	4:30 5:30 6:30	6:00		4:30 5:30 6:30	
Super Crickets 90 minutes	\$270	6 & 7 years	11:00 1:00	4:30 6:00	4:30 7:00		4:30 6:00	
Rhythmic 90 minutes	\$270	6 years & up	1:00		4:30			
Lady Bugs, Butterflies & Tweens 90 minutes	\$270	8 years & up	11:00 1:00	4:30 6:00	4:30 7:00		4:30 6:00 7:30	
Tumble Cheer 60 minutes	\$220	10 years & up			7:30		7:30	
Beginner Tramp 60 minutes	\$220	6 to 8 years	9:00	4:30	6:00	4:00	7:30	
Advanced Tramp 90 minutes	\$270	9 years & up	1:00	5:30	4:30		6:00	
Yoga / Pilates 60 minutes	\$150	Adults	10:00		6:30		6:30	

Baby Gym, Tumble Tot, Tumble Bugs and Super Bugs programs focus on gross motor development, body awareness, behavioral skills (i.e. listening and waiting your turn) and gymnasium familiarity.

Crickets, Super Crickets, Lady Bugs, Butterflies and Tween programs offer an advance learning experience based on individual skill sets. Cardiovascular endurance; muscular endurance; flexibility and strength training are incorporated.

Programs incorporate 8 - 9 gymnastics events including the Bars, Floor, Vault, Beam and Trampoline. Curriculum based learning is taught through NCCP certified coaches with the support of a structured program and lesson plans.

