

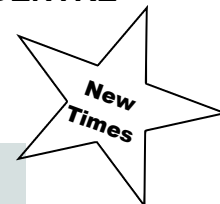
BURLINGTON GYMNASTICS CLUB

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!!

MAPLE 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		9:30 10:30		9:30 10:30		9:30 10:30
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	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	9:30 10:30
Super Bugs 90 minutes	\$270	4 & 5 years	11:00 12:30			10:30 4:30		
Participation 60 minutes	\$220	6 & 7 years	9:00 10:00 11:00			5:30 6:30		
Achievement 90 minutes	\$270	6 years & up	12:30 2:00			4:30 6:00 7:30		
Teen & Adult 120 minutes	\$338	12 years & up	2:00			7:30		
Workshop 3 hours (AUDITION ONLY)	\$479	8 years & up	12:00			6:00		
Rhythmic 90 minutes	\$270	6 years & up	12:30					
Fitness Fusion 60 minutes	\$105	Adults	12:30		9:40	7:30	9:40	

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.

Participation, Achievement, Workshop, and Teen / Adult programs offer an advance learning experience based on individual skill sets. Cardiovascular endurance; muscular endurance; flexibility and strength training are incorporated.

All 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.

Fitness Fusion is a class that focuses on cardio endurance, muscular endurance, yoga, pilates and sports inspired aerobics.



LEARN MORE! VISIT OUR WEBSITE @
WWW.BURLINGTONGYMCLUB.COM

