



Fort Henry Gymnastics Club

2010 Fall Recreational Program Schedule

Phone (613)541-5010 ext 4955

Email: gymnasticsclub@forces.gc.ca

Website: www.ragtimedesign.com/forthenrygymnastics/

Program	Wednesday	Thursday	Friday	Saturday
Parent & Tot				9:00-10:00
KinderGym	5:00-6:00	5:00-6:00	5:00-6:00	10:00-11:00
CanGym	6:00-7:00 (Co-ed)	6:00-7:00 (Co-ed)	6:00-7:00 (Co-ed)	10:00-11:00 11:00-12:00 (Boys Only) 11:00-12:00 (Girls only)
Trampoline	7:00-8:00		7:00-8:00	
*Advanced Recreational <small>*Must be level 6 & up</small>		7:00-8:30		
*Senior Girls <small>*10 & up Beginner Levels.</small>	7:00-8:00			

Class Dates

Wednesday September 15th – Wednesday December 8th

Thursday September 16th – Thursday December 16th

Friday September 17th – Friday December 10th

Saturday September 18th – Saturday December 18th

(No classes Thursday November 11th or Saturday October 9th)

Registration available now in the gym, or at the CFB Kingston Garrison Expo
and Leisure Show September 11th, 2010
11:00am-4:00pm at the KMCSC