



Fort Henry Gymnastics Club

2010 Fall Recreational Program Prices

Parent & Tot (Crawling – 3 years)

This 60 minute class which includes a parent or caregiver offers a time to share physical activity and explore motor skills in a friendly, safe environment.

Military: \$ 125.00 Ordinary: \$135.00* Associate: \$175.00**

KinderGym (3-5 years)

This 60 minute class introduces children to the sport of gymnastics. The program is designed to build social skills, self-confidence, flexibility, strength, balance and co-ordination in a fun, and safe gymnastic setting.

Military: \$ 125.00 Ordinary: \$135.00* Associate: \$175.00**

CanGym (6-10 years)

The CanGym program was developed by Gymnastics Canada for boys and girls aged 6 and up. CanGym is a progressive program that is used by most gymnastics clubs across Canada. (“Boy’s & Girl’s Only” classes available on Saturdays at 11:00 am)

Military: \$ 125.00 Ordinary: \$135.00* Associate: \$175.00**

CanGym Senior Girls (Ages 10 & up)

This 60 minute beginner level CanGym class is intended for girls 10 years and up so they may start gymnastics lessons with other girls of similar age and skill level.

Military: \$ 125.00 Ordinary: \$135.00* Associate: \$175.00**

Trampoline/Tumbling (8-14 years)

Using the CanJump program, we provide and safe and controlled environment for children who are interested in learning trampoline and tumbling skills from the basics to advanced level.

Military: \$ 125.00 Ordinary: \$135.00* Associate: \$175.00**

Advanced Recreational*(8-14 years)

This 90 minute class is for girls who demonstrate the skills and enthusiasm for the sport of gymnastics who would like to be challenged at a higher level. (*Participants must be CanGym Level 6 and higher)

Military: \$185.00 Ordinary: \$200.00* Associate: \$255.00**

**Prices Do NOT include the \$20.00 (+ H.S.T) Annual Gymnastics Ontario Membership Fee payable annually July 1, 2010 - June 30, 2011.*