



## Gymnastics and Cheer



**705.743.9338**

2410 Lansdowne Street W.  
[www.champions-gymnastics.ca](http://www.champions-gymnastics.ca)  
[championsptbo@gmail.com](mailto:championsptbo@gmail.com)  
 @championsgc  
 @championscheergym

**2021/2022 Session Dates**  
 Session 1: September 11 – November 8  
 Session 2: November 6 – December 23  
 Session 3: January 8 – March 3  
 Session 4: March 5 – April 28  
 Session 5: April 30 – June 23

**Pre-School Programs**  
 Kids will develop balance & coordination, as they progress through the classes, they will add agility, strength, flexibility and attentiveness!

**PARENT & TOT Walking to 3 years**  
 Monday 9:30 – 10:30am  
 Tuesday 10:30 – 11:30am  
 Thursday 9:30 – 10:30am  
 Saturday 8:30 – 9:30am  
 Saturday 9:30 – 10:30am

**JR. KINDERGYM 3 years**  
 Tuesday 9:30 – 10:30am  
 Saturday 10:30 – 11:30pm

**KINDERGYM 3 & 4 years**  
 Monday 10:30 – 11:30am  
 Wednesday 9:30 – 10:30am  
 Thursday 10:30 – 11:30am  
 Saturday 11:30 – 12:30pm  
 Sunday 9:00 – 10:00am

**ADVANCED KINDERGYM 4 & 5 years**  
 Saturday 11:30 – 12:30pm  
 Sunday 10:00 – 11:00am  
**\$115.00 + HST**

**Annual Club Fee**  
**\$30.00 + HST per child**  
 The club fee covers each child's registration fee with Gymnastics Ontario as well as a small administrative fee.  
 Note: Our year runs July-June; therefore, club fees renew every July. This fee is non-refundable.  
 All of our class prices are based on 8 weeks.

**Stars Programs**  
 Gymnasts will learn basic skills such-as handstands, cartwheels, rolls, swings and holds on the bars, and shape jumps on the trampoline, all with proper forms.

**STARS Co-ed 4.5 - 6 years**  
 Tuesday 4:30 – 5:30pm  
 Wednesday 4:30 – 5:30pm  
 Saturday 12:30 – 1:30pm  
 Sunday 10:00am – 11:00am  
**\$115.00 + HST**

**RISING STARS 5 – 7 years**  
 Tuesday 5:30 – 7:00pm  
 Wednesday 5:30 – 7:00pm  
 Saturday 1:30 – 3:00pm

**SHOOTING STARS 7 – 9 years**  
 Tuesday 7:00 – 8:30pm  
 Wednesday 7:00 – 8:30pm  
 Saturday 3:00 – 4:30pm

**SUPER STARS 9 years**  
 Tuesday 7:00 – 8:30pm  
 Wednesday 7:00 – 8:30pm  
 Saturday 3:00 – 4:30pm  
**Girls or Boys \$160.00 + HST**

**Advanced Recreation 8 years +**  
 This class is geared for those who have an ability to perform more challenging/difficult skills and are interested in longer practices.

**Girls**  
 Tuesday 6:00-8:30pm  
 Wednesday 6:00 -8:30pm  
 Saturday 2:00-4:30pm

**Boys**  
 Saturday 2:00-4:30pm  
**\$260.00+HST (8 weeks)**

**ACRO CLASS Co-ed 7+ years**  
 If you love to tumble on the floor and on the trampoline, this is the class for you! Learn to perfect your tumbling skills!  
 Sunday 11:00 – 12:00pm  
**\$115.00 + HST**

**Cheerleading**  
 Within the sport of cheer, we include any and all athletes interested in this unique sport that works strength, mobility, flexibility, and performance. Learn jumps, tumbling, stunting, and dance with kids your own age.

**MINI CHEER (Ages 4-8)**  
 Saturday 4:30 to 5:30 pm  
 Sunday 10:00 to 11:00 am  
**\$115.00 + HST**

**JUNIOR CHEER (Ages 8+)**  
 Saturday 4:30 to 6:00 pm  
**\$160.00 + HST**

**PRE-COMP CHEER**  
 Saturday 4:30 – 7:00pm  
**\$260.00 + HST**

**Competitive Teams**  
 Champions Competitive team placements occur in June. If you are interested in joining before this date, reach out to [championsgymnasticscompetitive@gmail.com](mailto:championsgymnasticscompetitive@gmail.com)

*Check us out on Instagram*  
 @championsgc  
 @championscheergym

**We Also Offer...**

*Birthday Parties*  
*Private Lessons*

Also check out our Summer, March Break and P.A. Day Camps!

*10% sibling discount toward class fees for each additional sibling.*  
**Cash, Debit, Credit, Cheque**  
 Registration must be done in person.