



## Gymnastics and Cheer



**705.743.9338**

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@championsgc

@championscheergym

### 2021/2022 Session Dates

**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  
 Sundays 11:00 – 12:00pm

#### JR. KINDERGYM 3 years

Tuesday 9:30 – 10:30am  
 Saturday 10:30 – 11:30am

#### KINDERGYM 3 & 4 years

Monday 10:30 – 11:30am  
 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

**\$35.00 + 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 - 5:30 pm  
 Sunday 10:00 - 11:00 am

**\$115.00 + HST**

#### JUNIOR CHEER (Ages 8+)

Saturday 4:30 - 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...

Private Lessons

March Break and P.A. Day Camps

Open Gym

10% sibling discount toward class fees for each additional sibling.

Cash, Debit, Credit, Cheque

Registration must be done in person.