



Gymnastics and Cheer



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2022 Session Dates
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!

EXPLORING CRAWLERS
 Wednesday 9:30-10:30am

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

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 9:30 – 10:30am

ADVANCED KINDERGYM 4 & 5 years
 Saturday 11:30 – 12:30pm
 Sunday 9:30 – 10:30am
\$115.00 + HST

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 11:30 – 12:30pm
\$115.00 + HST

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 10:30am – 11:30am
\$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

\$260.00+HST (8 weeks)

Xcel Program 7 years +

A structured program that is a natural progression from our Advanced Recreational classes or for any athlete who is seeking more of a challenge.

Girls

Thursdays 5:00-8:00pm
\$285+HST (8 weeks)

Cheerleading

Within the sport of cheer, we include any and all athletes interested in this unique sport that works, strength, mobility, flexibility, and performance.

MINI CHEER (Ages 4-8)
 Saturday 4:30 - 5:30 pm
 Sunday 11:30 – 12:30 am
\$115.00 + HST

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



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

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

Competitive Teams

Champions Competitive team placements occur in June. If you are interested in joining before this date, reach out to championsgymnasticscompetitive@gmail.com

Check us out on Instagram
[@championsgc](https://www.instagram.com/championsgc)

We Also Offer...

Private Lessons
 March Break and P.A. Day Camps
 Open Gym