

September 2023 to June 30, 2024 (v2)  
\*Saturday classes will start September 9, 2023

**Kinder Kids** Ages 5 & under (Parent assisted under 3) Monthly Cost \$78.00 (1 class per week)



Monday	Tuesday	Wednesday	Thursday	Saturday
4:15pm-4:55pm	4:15pm-4:55pm	4:15pm-4:55pm	4:15pm-4:55pm	*9:15am-9:55am
5:15pm-5:55pm	5:15pm-5:55pm	5:15pm-5:55pm	5:15pm-5:55pm	*10:15am-10:55am
				*11:15am-11:55am

The foundation of our Kinderkids program is based on the Active Start guidelines in the Long Term Athlete Development Plan. Our participants will be introduced to developmentally appropriate activities and equipment focussing on the Fundamental Movement Patterns (Landings, Static Positions, Locomotions, Rotations, Swings, Springs, and Object Manipulation), gross motor skills, agility, balance, strength, group social skills, exposure to music, dance and make believe activities.

**Recreational Artistic** Ages 5 & up Monthly cost \$80.00 (1 class per week)



Monday	Tuesday	Wednesday	Thursday	Saturday
4:15pm-5:10pm	4:15pm-5:10pm	4:15pm-5:10pm	4:15pm-5:10pm	*9:15am-10:10am
5:15pm-6:10pm	5:15pm-6:10pm	5:15pm-6:10pm	5:15pm-6:10pm	*10:15am-11:10am
	6:15pm-7:10pm	6:15pm-7:10pm	6:15pm-7:10pm	*11:15am-12:10pm

Based on the Long Term Athletic Development Plan participants develop and master the fundamental movement patterns (landings, static positions, locomotions, rotations, swings, and springs). Fun activities and games are used to develop agility, balance, coordination, power, endurance, basic strength, core strength, flexibility & postural control. Participants have the opportunity to enjoy gymnastics and learn basic skills in a positive and fun environment. Participants are challenged to be the best they can be with emphasis on building self-esteem, confidence, self-expression, love of performing and social skills such as communication, relationships, co-operation and leadership.

**Trampoline, Tumbling & Cheer** Ages 5 & up Monthly cost \$80.00 (1 class per week)



Monday	Tuesday	Wednesday	Thursday	Saturday
Trampoline: 6:15pm-7:10pm		6:15pm-7:10pm		*9:15am-10:10am
Tumbling: 7:15pm-8:10pm	5:15pm-6:10pm	7:15pm-8:10pm	5:15pm-6:10pm	*10:15am-11:10am
Cheer:				*11:15am-12:10pm

Trampoline and Tumbling: The program philosophy is similar to the recreational description above and is mainly floor based drills and activities as well as use of the fast track and rod floor in tumbling and the fast track and trampoline in trampoline. The bars, beam and vault are not part of this program.

**Developmental Artistic** Ages 4 & up Monthly cost 1.5 Hr \$110 2Hr \$143.00 3Hr \$196.00 (1 class per week)



Monday	Tuesday	Wednesday	Thursday	Saturday
(Ages 4+) 1.5 Hour:		5:15pm-6:40pm	4:15pm-5:40pm	*10:15am-10:40am
(Ages 5+) 2 Hour: 5:15pm-7:10pm	6:15pm-8:10pm	5:15pm-7:10pm	6:15pm-8:10pm	*10:15am-12:10pm
(Ages 5+) 3 Hour: 5:15pm-8:10pm	5:15pm-8:10pm	5:15pm-8:10pm	5:15pm-8:10pm	*9:15am-12:10pm

In this stage of the Long Term Athletic Development Plan participants develop and/or refine agility, balance, coordination and flexibility. Posture, core strength, shaping and physical preparation is key at this stage to ensure successful, ongoing and progressive participation in gymnastics. Participants with the ability, will, and desire, will be given the opportunity to achieve their highest individual potential in a safe and positive learning environment. In addition to physical development and proper progressions, we also work toward self-confidence, self-image, responsibility, communication, relationships and leadership.

[simcoegliders.ca](http://simcoegliders.ca) 519-428-5119 [info@simcoegliders.ca](mailto:info@simcoegliders.ca)

P.O. Box 364, Simcoe, Ontario N3Y 4L2 11-172 South Drive, Simcoe, Ontario (Grandstand Building Norfolk County Fairgrounds)

The annual registration fee is being covered by the Simcoe Gliders Gymnastics Club Inc. this year.

## Day Camps

Summer, PA Day, Winter & March Break  
9:00 am-4:00 pm Ages 5+ \$225.00 weekly/\$45 per day  
Pre-arranged early drop off & late pick up may be available

Please bring backpack, extra clothes, running shoes  
Refillable water bottle, Food (lunch & 2 snack breaks)

Weather appropriate clothing for outdoor time

Summer: bathing suit, towel, water shoes for water activities

Hat, Sunscreen - please also apply prior to arriving

Please leave electronics and valuables at home

