



Kinder Kids Ages 5 & Under	(Parent assisted under 3)			Monthly Cost: \$107	(1 class per week)
	Monday	Tuesday	Wednesday	Thursday	Saturday
	4:15pm-4:55pm	4:15pm-4:55pm	4:15pm-4:55pm	4:30pm-5:10pm	9:15am-9:55am
	5:15pm-5:55pm	5:15pm-5:55pm	5:15pm-5:55pm	5:15pm-5:55pm	10:15am-10:55am
				6:00pm-6:40pm	


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: \$109	(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	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: \$109	(1 class per week)
	Monday	Tuesday	Wednesday	Thursday	Saturday
	Trampoline: Tumbling: 7:15pm-8:10pm Cheer: 7:15pm-8:10pm		Trampoline to start 7:15pm-8:10pm	in the new building 5:15pm-6:10pm	Watch for info 11:15am-12:10pm
			7:15pm-8:10pm		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 (Hours per week):			1.5 Hour \$142	2Hour \$179	3Hour \$236	4Hour \$278
	Monday	Tuesday	Wednesday	Thursday	Saturday		
	(Ages 4+) 1.5 Hour:		5:15pm-6:40pm		9:15am-10:40am		
	(Ages 5+) 2 Hour: 5:15pm-7:10pm	6:15pm-8:10pm	5:15pm-7:10pm	6:15pm-8:10pm	9:15am-11:10am		
	(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 519-428-5119 info@simcoegliders.ca

P.O. Box 364, Simcoe, Ontario N3Y 4L2 Temporary location: 26 Robinson Street, Simcoe, ON N3Y 1W4

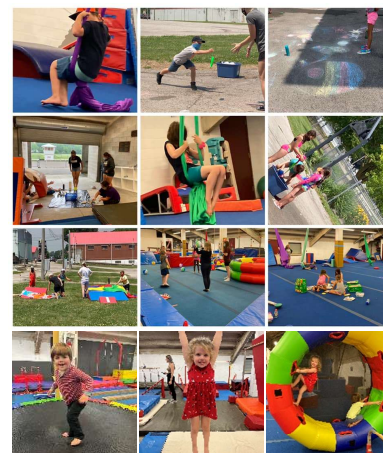


Day Camps

Summer, PA Day, Winter & March Break

Full Day 9:00 am-4:00 pm Ages 4+ \$55 per day
Jr. Camp 9:00 am-12:00 pm Ages 4-6 \$35 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



Summer Pick 6

Not able to commit to the month of July or August? Need some flexibility? Purchase a Pick 6 & sign up for your 6 classes through July & August. It could be 2 classes this week, holidays next week, 1 class the following week etc.

Kinder & Recreational \$170 1.5 Hour \$223 2 Hour \$279 3 hour \$364 4 hour \$427