2946 Bateman Trail

London, Ontario N6L 0A6

519-652-1385

www.londongymnasticsacademy.com

**SPRING 2020 RECREATIONAL SCHEDULE**

**April 27 – June 28, 2020**

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| **RECREATIONAL GYMNASTICS** |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| **Parent and Tot****(18 months – 2 years old)** |   4:30-5:15 | 10:00-10:4511:00-11:455:30-6:15 | 10:00-10:4511:00-11:454:30-5:155:15-6:00 | 10:00-10:4511:00-11:45  4:30-5:155:30-6:15 |  | 9:00-9:459:45-10:3010:00-10:4510:45-11:30 | 9:00-9:459:15-10:009:45-10:30 |
| **Kindergym****(3 – 4 years old)****Ask about our daytime flexible scheduling!** | 4:30-5:30 (x2)5:30-6:306:30-7:30 | 10:00-11:0011:00-12:004:30-5:30 4:45-5:455:30-6:30 (x2)6:30-7:30 | 10:00-11:0011:00-12:004:30-5:305:30-6:305:45-6:456:00-7:00 | 10:00-11:0011:00-12:00 4:30-5:304:45-5:45 (x2)6:15-7:15 |  | 9:00-10:00 9:30-10:3010:00-11:0010:30-11:3011:00-12:0011:30-12:3012:00-1:001:00-2:00 | 9:00-10:00 (X2)9:15-10:1510:00-11:0010:30-11:3011:00-12:0012:00-1:00 |
| **Advanced Kindergym** |  |  |  | 5:30-7:00 |  |  | 9:00-10:30 |
| **Junior****(5 – 6 years old)** |  4:30-5:305:00-6:005:30-6:306:00-7:006:30-7:307:00-8:00 |  4:30-5:305:30-6:30 5:45-6:456:30-7:30 | 4:30-5:305:30-6:307:00-8:00 | 4:30-5:305:30-6:306:30-7:307:15-8:15 |  | 9:00-10:0010:15-11:1511:00-12:0011:15-12:1511:30-12:3012:15-1:1512:30-1:30 | 9:00-10:0010:00-11:0010:30-11:3011:00-12:0011:30-12:3012:00-1:00 |
| **Junior Advanced** | 5:15-6:45 |  |  | 5:45-7:15  |  | 10:30-12:00 | 11:30-1:00 |
| **Intermediate****(7 – 9 years old)** | 5:30-6:306:30-7:307:30-8:30 | 4:30-5:306:15-7:156:45-7:457:30-8:30 | 4:45-5:456:30-7:30 (x2) | 4:30-5:306:00-7:007:00-8:00 7:30-8:30 |  | 9:15-10:1510:30-11:3011:30-12:3012:30-1:30 | 10:00-11:0010:30-11:3011:00-12:001:00-2:00 |
| **Intermediate Advanced** | 6:45-8:15 | 6:30-8:00 |  | 5:45-7:15 |  | 12:00-1:30 | 11:30-1:00 |
| **Senior (10+ years)** |  | 7:15-8:45 (1.5hr) | 6:45-8:15 (1.5hr) | 7:15-8:45 (1.5hr)8:00-9:00 (1hr) |  | 9:00-11:00 (2hr) | 10:00-11:30(1.5hr) |
| **Senior Advanced** | 7:30-9:30 |  | 7:30-9:30 |  |  |  |  |
| **Junior Boys (5-6)** |  |  | 4:30-5:30 |  |  | 12:00-1:00 |  |
| **Intermediate Boys (7-9)** |  |  | 5:30-7:00 |  |  | 1:00-2:30 |  |
| **Senior Boys (10+)** |  |  | 7:00-8:30 |  |  |  |  |

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| **NEW!! Accelerated Junior** |  |  |  |  |  | 1:00-3:00 |  |
| **NEW !! Accelerated Interm.**  |  |  |  | 4:30-6:30 |  |  |  |
| **NEW !! Accelerated Senior**  |  | 6:30-8:30 |  |  |  |  |  |

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| **NEW!! TUMBLING FOR ALL** |
| **Tumbling 101 (5-7 year)** |  | 4:30-5:30 |  |  |  |  |  |
| **Tumbling 101 (8+ years)** |  |  | 7:30-8:30 |  |  |  |  |
| **Tumbling 102 (6+ years)** |  |  |  | 7:15-8:45 | Image result for gymnastics tumbling pics | 9:00-10:30 |  |
| **Tumbling 103 (6+ years)** | 7:30-9:00 |  |  |  |  |  | 11:30-1:00 |



**NEW! NINJA CLASSES** – Our new Ninja classes have been super popular and fill very quickly! These co-ed Ninja classes focus on flexibility, endurance, agility, balance and coordination. Classes include obstacles, flexibility training and conditioning circuits. A great way to build strength and self-confidence!

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| **NEW!! NINJA CLASSES** |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| **NINJA 101** (5-7 years old) | Our  |  |  |  |  | 2:45-3:45 | 12:30-1:30 |
| **NINJA 101** (8+ yrs) |  |  |  | 7:15-8:15 |  |  | 1:00-2:00 |
| **NINJA 102 (prerequisite Ninja 101)** |  |  |  |  |  |  | 1:30-2:30 |

\*Note: to register for Ninja 102, the athlete must have completed Ninja 101 and have experience doing aerial inversions (flips)



London Heat Cheerleading offers a premier recreational and competitive cheerleading program. We have been building champions for over 10 years and are super excited for the 2019-2020 season! Recreational classes are a perfect way to introduce the sport of cheerleading to your child. Interested in becoming a part of our competitive London Heat team? Email us at info@londonheatcheerleading.com to arrange for an assessment.

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| **RECREATIONAL CHEERLEADING WITH LONDON HEAT** |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| **Cheer 101 (3-5 years)** |  | 5:00-5:45 |  |  |  |  |  |
| **Cheer 101 (6-9 years)** | 7:00-8:00 |  |  |  |  | 10:30-11:30 |  |
|  **Cheer 101 (10+ years)** |  |  | 6:30-7:30 |  |  |  |  |
| **Cheer 102****(must have back walkover)** |  |  |  | 5:00-6:00 |  |  |  |

 **SPRING 2020** **SESSION FEES**

3/4 hour class - $152.20

1 hour class - $186.40

1 ½ hour class - $243.45

2 hour class - $273.40

* Classes are pro-rated for Victoria Day. All classes on the Sat and Sun of Victoria Day weekend will run as scheduled.
* All Class and Registration fees are subject to HST.
* Fees are non-refundable and there are no make-up classes
* $10 discount for first sibling, $20 for second sibling, etc.
* Gymnastics Ontario/Reg’n Fee - $40 + HST (non-refundable). This fee covers each athlete from July 1st or from the date of registration until June 30th of each year.
* We are unable to offer make-up classes for inclement weather. Please check the website for all updates.

**CLASSES WILL FILL QUICKLY!**

**REGISTER NOW TO AVOID DISAPPOINTMENT**

REGISTRATION INFORMATION:

Phone: 519-652-1385

Online: [www.londongymnasticsacademy.com](http://www.londongymnasticsacademy.com)

 [www.londonheatcheerleading.com](http://www.londonheatcheerleading.com)

E-Mail: info@londongymnasticsacademy.com

 info@londonheatcheerleading.com

FB: <https://www.facebook.com/londongymnasticsacademy/>

 <https://www.facebook.com/londonHeatCheerleading/>

Director: Liz Timmermans

Rec Director: Suzanne Brodhurst

Cheer Director: Jamie Matte

**Note: Classes may be added, cancelled, changed or**

 **rescheduled at the sole discretion of the Directors.**