


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Parent and Tot (18 months – 3 yrs)	4:30-5:15	10:00-10:45 11:00-11:45	10:00-10:45 11:00-11:45	10:00-10:45		9:00-9:45 9:45-10:30 10:00-10:45 10:45-11:30	9:15-10:00
Kindergym (3 – 4 years old) Ask about our daytime flexible scheduling	4:30-5:30 (x2) 5:00-6:00 5:30-6:30 6:30-7:30	10:00-11:00 11:00-12:00	10:00-11:00 11:00-12:00	10:00-11:00 11:00-12:00		9:00-10:00 9:30-10:30 10:15-11:15 11:00-12:00 11:30-12:30 12:00-1:00 1:00-2:00	9:00-10:00 9:15-10:15 10:00-11:00 10:30-11:30 11:00-12:00 11:30-12:30 12:00-1:00
Advanced Kindergym							9:00-10:30 (x2)
Junior (5 – 6 years old)	4:30-5:30 5:30-6:30 6:00-7:00 6:30-7:30	4:30-5:30 5:30-6:30	4:30-5:30 5:30-6:30 7:00-8:00	4:30-5:30 5:30-6:30 6:30-7:30		9:00-10:00 10:00-11:00 11:00-12:00 12:15-1:15 1:15-2:15	9:00-10:00 10:00-11:00 10:30-11:30 11:00-12:00 11:15-12:15 12:00-1:00
Junior Advanced	5:15-6:45 (x2)			5:45-7:15		10:30-12:00	11:30-1:00
Junior Tumbling		4:30-5:30					
Intermediate (7 – 9 years old)	5:30-6:30 6:30-7:30 7:00-8:00 7:30-8:30	6:15-7:15 7:15-8:15	4:45-5:45 6:00-7:00 6:30-7:30 7:30-8:30	6:00-7:00 7:15-8:15 7:30-8:30		9:15-10:15 10:30-11:30 11:15-12:15 11:30-12:30 1:30-2:30	10:00-11:00 10:15-11:15 10:30-11:30 11:00-12:00 1:00-2:00
Intermediate Advanced	6:45-8:15	6:30-8:00	6:45-8:15			12:00-1:30	11:30-1:00
Intermediate Tumbling				7:00-8:30		9:00-10:30	
Senior (10+ years)	7:30-9:30 (2 hr)	7:15-8:45 (1.5hr) 8:00-9:30 (1.5hr)		8:15-9:15 (1 hr)		9:00-11:00 (2 hr)	10:00-11:30 (1.5 hr)
Senior Advanced		7:00-9:00	7:30-9:30			2:00-4:00	
Senior Tumbling	7:30-9:00		8:00-9:30				11:30-1:00
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				

NEW!! Accelerated Junior			4:30-6:30		Our Accelerated classes run for two hours and have a higher emphasis on the technical mastery of skills with the added fun of developing routines on each apparatus! Athletes will also continue to work on mastering badges in their progress reports.		
NEW !! Accelerated Intermediate			6:30-8:30				

NEW!!!! NINJA CLASS Co-Ed (7-9) NINJA CLASS Co-Ed (10+)	Our NINJA classes will focus on flexibility, endurance, agility, balance and coordination. Classes will include obstacles, flexibility training and conditioning circuits. A great way to build strength and self-confidence!				12:30-1:30
					1:30-2:30

Cheer 101 (3-5 years)	4:30-5:15				Cheer 101/102 classes replace the old Tumble and Cheer Classes. Training focuses on the basics of cheerleading and tumbling (at the athlete's level). These classes are a great preparation for athletes who are interested in our London Heat full-year All Star programs (competitive). 
Cheer 101 (6-9 years)	5:30-6:30	6:00-7:00			
Cheer 101 (10+ years)			6:30-7:30		
Cheer 102 (must have back walkover)				4:30-5:30	

**CLASSES WILL FILL QUICKLY!
REGISTER NOW TO AVOID DISAPPOINTMENT**
REGISTRATION INFORMATION:

Phone: 519-652-1385

 Online: www.londongymnasticsacademy.com
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 Director.
FALL 2018 SESSION FEES

3/4 hour class	- \$230.00
1 hour class	- \$281.75
1 ½ hour class	- \$368.00
2 hour class	- \$442.75

- Classes will be pro-rated for Thanksgiving Day and Hallowe'en. All classes on the Saturday and Sunday of the Thanksgiving 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.