


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

<b>NEW!! Accelerated Junior</b>			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.
<b>NEW !! Accelerated Intermediate</b>			6:30-8:30		

<b>NINJA 101 (5-8)</b>	Our Co-Ed NINJA classes 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!  (must have experience doing aerial inversions, "flips")				12:30-1:30
<b>NINJA 101 (9+)</b>					1:00-2:00
<b>NINJA 102...</b>					1:30-2:30

<b>Cheer 101 (3-5 years)</b>	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). 
<b>Cheer 101 (6-9 years)</b>	5:30-6:30	6:00-7:00			
<b>Cheer 101 (10+ years)</b>			6:30-7:30		
<b>Cheer 102 (must have back walkover)</b>				4:30-5:30	

**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](mailto:info@londongymnasticsacademy.com)
[info@londonheatcheerleading.com](mailto: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.**
**WINTER 2019 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 are pro-rated for Easter Sunday. All classes will run as scheduled on Saturday and Monday of the Easter Long Weekend and on Family Day.
- There are no classes during March Break (March 9-15). Classes will resume on March 16<sup>th</sup>.
- All Class and Registration fees are subject to HST.
- Fees are non-refundable and there are no make-up classes (including due to inclement weather).
- \$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 1<sup>st</sup> or from the date of registration until June 30<sup>th</sup> of each year.