


| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|--|--------|--|---|
| Parent and Tot (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 | 10:00-10:45 4:30-5:15 5:30-6:15 | | 9:00-9:45 9:45-10:30 10:00-10:45 10:45-11:30 | 9:00-9:45 9:15-10:00 9:45-10:30 |
| Kindergym (3 – 4 years old) Ask about our daytime flexible scheduling! | 4:30-5:30 (x2) 5:30-6:30 6:30-7:30 | 10:00-11:00 11:00-12:00 4:30-5:30 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 | 9:00-10:00 (X2) 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 5:00-6:00 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 6:30-7:30 7:15-8:15 | | 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 | | | 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 | 4:30-5:30 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 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 | | 5:45-7:15 | | 12:00-1:30 | 11:30-1:00 |
| Intermediate Tumbling | | | | 7:00-8:30 | | 9:00-10:30 | |
| Senior (10+ years) | 7:30-9:00 (1.5hr) | 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 (2hr) | 10:00-11:30 (1.5hr) |
| Senior Advanced | | 7:00-9:00 | 7:30-9:30 | | | | |
| 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 | | | | |

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| NEW!! Accelerated Junior | Accelerated classes run for 2 hrs and have a greater emphasis on the technical mastery of skills with the added fun of developing routines. Athletes will continue to work on mastering badges. | 4:30-6:30 | | | | |
| NEW !! Accelerated Interm. | | 6:30-8:30 | | | | |
| NEW !! Accelerated Senior | | | | | 2:00-4:00 | |

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| NINJA 101 (5-8) | 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 completed Ninja 101 and have experience doing aerial inversions, "flips") | | | | 12:30-1:30 |
| NINJA 101 (8+) | | | | | 1:00-2:00 |
| NINJA 102... | | | | | 1:30-2:30 |

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| 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) | | | | 5:00-6:00 | |

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.
SPRING 2019 SESSION FEES

3/4 hour class - \$145.00

1 hour class - \$185.00

1 ½ hour class - \$238.00

2 hour class - \$310.00

- Classes are pro-rated for Victoria Day and the July long weekend
- 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.