

## FALL 2019 RECREATIONAL SCHEDULE

SEPTEMBER 7 – DECEMBER 19, 2019

(More classes and fee schedules located on the back)

RECREATIONAL GYMNASTICS							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Parent and Tot (18 months – 2 years old)	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 11:00-11:45 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 10:30-11:30 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 12:00-1:00
Advanced Kindergym				5:30-7:00			9:00-10:30 (x2)
Junior (5 – 6 years old)	4:30-5:30 5:00-6:00 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 6:30-7:30 7:15-8:15		9:00-10:00 10:00-11:00 11:00-12:00 11:30-12:30 12:15-1:15 12:30-1:30 1:15-2:15	9:00-10:00 10:00-11:00 10:30-11:30 11:00-12:00 11:15-12:15 11:30-12:30 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	4:30-5:30 6:00-7:00 7:00-8:00 7:30-8:30		9:15-10:15 10:30-11:30 11:15-12:15 11:30-12:30 12:30-1:30 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)		7:00-9:00 (2 hr) 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			1:45-3:45	
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						1:00-3:00	
NEW !! Accelerated Interm.				4:30-6:30			
NEW !! Accelerated Senior		6:30-8:30					

More classes on back





**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!

<b>NEW!! NINJA CLASSES</b>							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>NINJA 101</b> (5-7 years old)						2:45-3:45	12:30-1:30
<b>NINJA 101</b> (8+ yrs)				7:15-8:15			1:00-2:00
<b>NINJA 102</b> (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](mailto:info@londonheatcheerleading.com) to arrange for an assessment.

<b>RECREATIONAL CHEERLEADING WITH LONDON HEAT</b>							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cheer 101</b> (3-5 years)		5:00-5:45				9:30-10:15	
<b>Cheer 101</b> (6-9 years)	7:00-8:00		5:30-6:30			10:30-11:30	
<b>Cheer 101</b> (10+ years)			6:30-7:30				
<b>Cheer 102</b> (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](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 Directors.**

**FALL 2019 SESSION FEES**

3/4 hour class	- \$241.50
1 hour class	- \$295.84
1 ½ hour class	- \$386.40
2 hour class	- \$465.00

- Classes are pro-rated for Thanksgiving Day and Hallowe'en. All classes on the Sat and Sun 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 1<sup>st</sup> or from the date of registration until June 30<sup>th</sup> of each year.
- We are unable to offer make-up classes for inclement weather.