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 | 10:00-10:45  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  5:30-6:15 |  | 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 (x2)  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  10:00-11:00  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 |
| **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  7:00-8:00 | 4:30-5:30  5:30-6:30  5:45-6:45  6:30-7:30 | 4:30-5:30  5:30-6:30  7:00-8:00 | 4:30-5:30  5:30-6:30  6:30-7:30  7:15-8:15 |  | 9:00-10:00  10:15-11:15  11:00-12:00  11:15-12:15  11:30-12:30  12:15-1:15  12:30-1:30 | 9:00-10:00  10:00-11:00  10:30-11:30  11:00-12:00  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 |
| **Intermediate**  **(7 – 9 years old)** | 5:30-6:30  6:30-7:30  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) | 4:30-5:30  6:00-7:00  7:00-8:00  7:30-8:30 |  | 9:15-10:15  10:30-11:30  11:30-12:30  12:30-1:30 | 10:00-11:00  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 |
| **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](mailto: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](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.**