



Fort Henry Gymnastics Club

2010 Spring Recreational Session Prices

Parent & Tot (Crawling – 3 years)

This 60 minute class which includes a parent or caregiver offers a time to share physical activity and explore motor skills in a friendly, safe environment.

Military \$ 90.00 Ordinary \$100.00* Associate \$130.00**

KinderGym (3-5 years)

This 60 minute class introduces children to the sport of gymnastics. The program helps builds social skills, self-confidence, flexibility, strength, balance and co-ordination in a fun, and safe gymnastic setting.

Military \$ 90.00 Ordinary \$100.00* Associate \$130.00**

CanGym (6-16 years)

The CanGym program was developed by Gymnastics Canada for boys and girls aged 6 and up. CanGym is a progressive program that is used by most gymnastics clubs across Canada. (“Boy’s & Girl’s Only” classes available on Saturdays)

Military \$ 90.00 Ordinary \$100.00* Associate \$130.00**

CanGym Senior Girls (Ages 10 & up)

This 60 minute beginner level CanGym class is intended for girls 10 years and up so they may start gymnastics lessons with other girls of similar age and skill level.

Military \$ 90.00 Ordinary \$100.00* Associate \$130.00**

Trampoline/Tumbling (8-16 years)

Using the CanJump program, we provide a safe and controlled environment for children who are interested in learning trampoline and tumbling skills from the basics to advanced level.

Military \$ 90.00 Ordinary \$100.00* Associate \$130.00**

Advanced Recreational*(8-16 years)

This 90 minute class is for girls who demonstrate the skills and enthusiasm for the sport of gymnastics who would like to be challenged at a higher level. (*Participants must be CanGym Level 6 and higher)

Military \$ 135.00 Ordinary \$150.00* Associate \$195.00**

Military: *Military Personnel, Reg., Reserve: Class B, C.*

Ordinary: *Retired Military Members, Current CFB Kingston, DND, PSP and NPF Employees*

Associate: *All other Kingston residents including Federal, Provincial and Municipal Employees*

New Members must add the \$20.00 Annual Gymnastics Ontario Membership Fee