



Fort Henry Gymnastics Club

2010 Spring Recreational Schedule

Phone (613)541-5010 ext 4955

Email: gymnasticsclub@forces.gc.ca

Website: www.ragtimedesign.com/forthenrygymnastics

<i>Program</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Parent & Tot				9:00-10:00
KinderGym	5:00-6:00	5:00-6:00	5:00-6:00	10:00-11:00
CanGym	6:00-7:00 (Co-ed)	6:00-7:00 (Co-ed)	6:00-7:00 (Co-ed)	10:00-11:00 11:00-12:00 (Boys Only) 11:00-12:00 (Girls only)
Trampoline & Tumbling	7:00-8:00		7:00-8:00	
*Advanced Recreational *Must be level 6 & up		7:00-8:30		
*Senior Girls *10 & up Beginner Levels.	7:00-8:00			

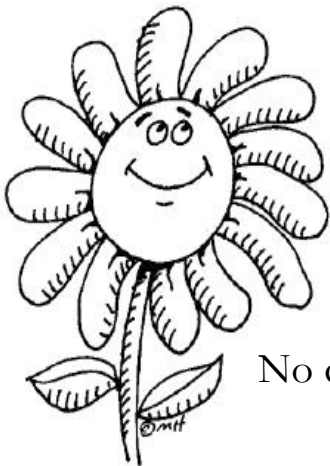
Class Dates

Wednesday April 7th – Wednesday June 9th

Thursday April 8th – Thursday June 10th

Friday April 9th – Friday June 11th

Saturday April 10th – Saturday June 19th



No classes Saturday May 15th for Annual Trampoline-a-Thon.