

Fort Henry Gymnastics Club

2010 Winter Recreational Prices

(All prices include G.S.T)

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 build 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 (6-10 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 (8-14 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*(8-14 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

Prices Do NOT include the \$20.00 Annual Gymnastics Ontario Membership Fee
(Payable Annually July 2009 – June 2010)