

Fort Henry Gymnastics Club

2010 Winter Recreational Schedule

Phone (613)541-5010 ext 4955

Email: gymnasticsclub@forces.gc.ca

Website: www.ragtimedesign.com/forthenrygymnastics/

Program	Wednesday	Thursday	Friday	Saturday
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	7:00-8:00		7:00-8:00	
Advanced Recreational <small> Must be level 6 & up</small>		7:00-8:30		
CanGym Senior Girls <small> Ages 10 & up- Beginner Levels</small>	7:00-8:00			

Class Dates

Wednesday January 6th – Wednesday March 12th

Thursday January 7th – Thursday March 13th

Friday January 8th – Friday March 26th

Saturday January 9th – Saturday March 27th

(No classes during March Break- March 12th, 13th, 17th, 18th, 19th or 20th)