

# 2010 - 2011 PROGRAM SCHEDULE

## Parent/Child Classes

### GymKyd's Tots - Parent & Me (1-3 yrs)

Spend quality time with your child in a structured, fun environment while learning basic gymnastic movements.

**45 minute class once a week.**

Mon	Tue	Wed	Thur	Fri	Sat	Sun
10:30	5:30	10:30	10:30	10:30	9:30	9:30

### Junior Preschool (2 & 3 yrs)

A class designed for the toddler who is able to follow a fairly structured class with parent involvement. Your child is ready for more than a parent and me class but not ready to be on their own.

**55 minute class once a week.**

Mon	Tue	Wed	Thur	Fri	Sat	Sun
11:15	9:30	11:15	11:15	10:30	10:30	2:00

### Christmas Camp 2010

December 21, 22, 23 December 27, 28, 29, 30



### Spring Break Camps 2011

March 28, 29, 30, 31, April 1



\$20 plus GST = \$21 for half day

(9:00am - 12:00 or 1:00pm to 4:00pm)

\$35 + GST = \$36.75 for full day (9:00am - 4:00pm)

Gymnastics, crafts, games & more! Ages 3 and up.

## Birthday Parties

Available Saturday & Sundays.

### Package #1

Includes 1 hour of structured gymnastics and 1 hour in the party room. The parents supply the plates, cups, etc. \$140 for 10 kids and \$5 for each additional child.



### Package #2

Includes Package #1 plus we supply the plates, cups, cutlery, etc. \$150 for 10 kids and \$6 for each additional child.

### Package #3

The "No Fuss" Birthday Package includes Package #2, plus pizza, drinks, chips, cake of choice, ice cream, goody bags, invitations and a free shirt for the birthday child. \$265 for 10 kids and \$10 for each additional child.

**\$50 (non-refundable) deposit required**

## Preschool/Kindergarten

### Preschool GymKyd's (3-5yrs & 4-5 yrs)

A boys and girls program that introduces basic movements of gymnastics including vault, beam, bar and floor. This is a fun and energetic class that encourages active participation.

**1 hour class once a week.**

3 - 4 year olds

Mon	Tue	Wed	Thur	Fri	Sat	Sun
		10:30	6:30		11:30	

3 - 5 year olds

Mon	Tue	Wed	Thur	Fri	Sat	Sun
2:00	6:30	2:00	9:30	9:30		11:30

4-5 year olds

Mon	Tue	Wed	Thur	Fri	Sat	Sun
			5:30			

### Gymnastics and Cheer!!! (3-5 yrs)

This class incorporates pom poms and dance movement into the warm up. This will be a fun, action packed class with all apparatus of gymnastics being covered.

**1 hour class once a week.**

Mon	Tue	Wed	Thur	Fri	Sat	Sun
9:30		1:00				
1:00						

### Gymnastics and Sport!!! (3-5 yrs)

This class incorporates a variety of sports into the final 5-10 minutes of the class. This will be an action packed class with lots of variety for the little sports star.

**1 hour class once a week.**

Mon	Tue	Wed	Thur	Fri	Sat	Sun
	10:30		2:00			

### Advanced KinderGym (4-5 yrs)

A boys and girls program for the more advanced gymnast. Includes instruction and skill development on vault, beam, bars and floor. This is a fun and energetic class that encourages active participation.

**1 hour class once a week.**

Mon	Tue	Wed	Thur	Fri	Sat	Sun
1:00		9:30		1:00		

### Mini Camp (3 & up)

Half Day Program that includes: 1.5 hours of structured Gymnastics Time followed by snack, craft and more organized Gym activities.

Friday: 1-4pm - Please sign up before noon on Thursdays. \$20 plus GST

## Grade School

### GymKyd's I & II (5-8yrs & 6-12 yrs)

A beginner and intermediate program, the class is designed to build on all levels of existing skills of participants. Children will be grouped according to skill level and age.

**1 hour class once a week.**

5 - 8 year olds

Mon	Tue	Wed	Thur	Fri	Sat	Sun
4:00	4:30	4:00			12:30	

6 - 12 year olds

Mon	Tue	Wed	Thur	Fri	Sat	Sun
6:30	7:30	6:30	4:30		1:30	
			7:30			

### Advanced GymKyd's (5yrs and up)

This class is designed for the more advanced gymnast that would like a challenge without going into the competitive program.

**1.5 hour class once a week.**

Mon	Tue	Wed	Thur	Fri	Sat	Sun
5:00		5:00			2:30	
7:30		7:30				

### Boys Gymnastics (4-9 yrs)

Boys are welcome in all our regular gymnastics classes, but we are also offering boys only.

**1 hour class once a week.**

Mon	Tue	Wed	Thur	Fri	Sat	Sun
					4:00	

### After School Gymnastics (5 & up)

Program offered to kids who are out of school early enough to make a 3:30pm class.

**1 hour class once a week.**

Mon	Tue	Wed	Thur	Fri	Sat	Sun
	3:30		3:30			

### GymKyd's Tumblers - Competitive

#### Program (5 & up)

This program involves signing up for 2, 4 or 6 hours per week. They will learn routines and will compete in competitions between January and April 2011.

Previous gymnastic experience is required. The athletes will be required to purchase a GymKyd's competitive suit and track suit.

**Email for more details.**

# Registration Form

Gymnast's Name: \_\_\_\_\_

\_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Birthday (mm/dd/yy) \_\_\_\_\_

Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Cell or Emergency Phone #: \_\_\_\_\_

Medical Concerns: \_\_\_\_\_

\_\_\_\_\_

Email Address \_\_\_\_\_

\_\_\_\_\_

Session: \_\_\_\_\_

Class Day: \_\_\_\_\_

Class Time: \_\_\_\_\_

Class Fee: \_\_\_\_\_

487-1806  
www.Gymkyds.com

## Recreational Fees

### Fall Session: Sept 7-Dec 20

- 45 minute class per week
- \$165 + GST = \$173.25
- 1 hour class
- \$180 + GST = \$189.00
- 1.5 hour class
- \$262.50 + GST = \$275.63

### Winter Session: Jan 3 - Mar 27

- 45 minute class
- \$132 + GST = \$138.60
- 1 hour class
- \$144 + GST = \$151.20
- 1.5 hour class
- \$210 + GST = \$220.50

### Spring: April 4- June 19

- 45 minute class
- \$121 + GST = \$127.05
- 1 hour class
- \$132 + GST = \$138.60
- 1.5 hour class
- \$192.50 + GST = \$202.13

Please add \$20.00 for the Administration and Manitoba Gymnastics Fee, which must be paid at time of registration. This is a once-a-year fee, for each gymnast, valid from September 2010 to September 2011.

### Discounts (only one discount applicable per family)

- 1. 10% discount for second child plus an additional 10% for every subsequent child.
- 2. Sign up for second class during the same season and save 10%.
- 3. Sign up for the whole year and receive 10% off.

### Registration Notes.

- 1. Cheques made payable to Gymkyds
- 2. No refunds after 2<sup>nd</sup> class.
- 3. All gymnasts should arrive at the gym no less than 5 minutes before their class.
- 4. Hair must be neatly tied back.
- 5. No shoes or boots permitted in the gym.
- 6. Female gymnasts are asked to wear a bodysuit or shorts and a t-shirt that tucks in. Male gymnasts are asked to wear shorts and a t-shirt that tucks in.

### Classes will not be held on:

- Oct 10 Thanksgiving
- Nov 11 Remembrance Day
- Feb 21 Louis Riel Day
- April 22 Good Friday
- April 24 Easter
- May 23 Victoria Day

NO FUNDRAISING AT GYMKYDS!!!

# Gymkyds Gymkyds



## Gymnastic Centre

### Recreational Programs for

Boys and Girls  
Ages 1 & Up

### Regional Stream

Competitive Programs  
Ages 6 and Up

### Fall 2010 – Spring 2011

Fall 2010 Open House  
August 22 – 23 4:00-7:00pm  
August 29 - 30 4:00:7:00pm

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www.Gymkyds.com

487-1806

Celebrating 10 years of  
Gymnastics and Fun in Winnipeg!