

# Greater Napanee Gymnastics Club

10 Week - Late Winter Session: February 2nd to April 18th

Online registrations open January 21st at 9am

Programs	*Mon	Tues	Wed	Thurs	*Sat
Parent & Tot - 1 HR Age: 16 Months – 3 Years					*Drop-in only* 9:15AM - 10:15AM
Pre-Kinder with Caregiver 1 HR – Age: 2 ½ - 4 Years		4:45PM – 5:45PM			10:25AM - 11:25PM
Adaptive Gymnastics with Caregiver – 45 mins Age: 5+		Class for children with physical, cognitive, social & developmental needs.			3:15PM-4:00PM
Kindergym – 1 HR Age: 3 Years	4:50PM – 5:50PM		4:40PM – 5:40PM	4:30PM – 5:30PM 5:10PM – 6:10PM	11:30AM - 12:30PM
Kindergym – 1 HR Age: 4 - 5 Years	5:10PM – 6:10PM		4:50PM – 5:50PM	4:30PM – 5:30PM 5:40PM – 6:40PM	10:25AM - 11:25PM 11:30AM - 12:30PM
Adv. Kindergym – 1 HR Age: 4 – 5 Years and LV 3+			4:50PM – 5:50PM 6:00PM – 7:00PM	5:10PM – 6:10PM	11:30AM - 12:30PM
Mighty Minis 1.5 Hr Age: 5 - 8 Years *By invite Only	4:50PM – 6:20PM		5:00PM – 6:30PM		
Beginner Rec – 1 HR Age: 6-9 Level 1-3	6:15PM – 7:15PM	6:10PM – 7:10PM	5:50PM – 6:50PM	5:40PM – 6:40PM 6:20PM – 7:20PM	12:45PM - 1:45PM
Intermediate Rec – 1 HR Age: 6-9 Level 4-5		7:20PM – 8:20PM	6:30PM – 7:30PM	6:50PM – 7:50PM	12:45PM - 1:45PM
Intermediate Rec with MAG Events - Including Rings, Pbars, Pommels – 1 HR Age: 6+ Level 3+		4:50PM – 5:50PM			
Beginner Rec – 1 HR Age: 10+ Level 1-3			6:50PM – 7:50PM	6:50PM – 7:50PM	12:45PM - 1:45PM
Intermediate Rec – 1 HR Age: 10+ Level 4-5	7:20PM – 8:20PM		7:30PM – 8:30PM	6:50PM – 7:50PM	12:45PM - 1:45PM
Adv. Rec - 1.5 HR Age: 8+ Years and LV 6+	6:30PM – 8:00PM		6:45PM – 8:15PM	6:15PM - 7:45PM	
Tumbling - 1 HR Age: 8+ Years			7:00PM – 8:00PM		
Beginner Trampoline - 1 HR Age: 8+ Years		6:00PM - 7:00PM			
Advanced Trampoline - 1 HR Age 8+		7:10 - 8:10PM			

\*Classes will not run on Monday February 16th and Saturday March 28th\*

\*\*Classes will not run over the March Break - March 15th to 21st\*\*

25 Snow Road, Napanee, ON K7R 0A2 Call: (613) 354 – 0696

Website: <https://gngc19.wixsite.com/gngc> Email: gngc@outlook.com