

Greater Napanee Gymnastics Club

10 Week - Early Winter Session: November 10th to January 31st

Online registrations open October 29th at 9am

Programs	Mon	Tues	Wed	Thurs	Sat
Parent & Tot – 1 HR Age: 16 Months – 3 Years					*Drop-in* 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 – 1 HR 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	5:05PM – 6:05PM	4:50PM – 5:50PM 6:00PM – 7:00PM 6:20PM – 7:20PM	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	5:10PM – 6:10PM	
Mighty Minis 1.5 Hr Age: 5 - 8 Years *By invite Only			5:00PM – 6:30PM		
Beginner Rec – 1 HR Age: 6-9 Level 1-3	6:00PM – 7:00PM	6:10PM – 7:10PM	5:20PM – 6:20PM 5:50PM – 6:50PM 6:50PM – 7:50PM	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 7:00PM – 8:00PM	6:50PM – 7:50PM	12:45PM – 1:45PM
Intermediate Rec with MAG Events - Including Rings, Pbars, Pommels – 1 HR Age: 6+ Level 3+	5:00PM – 6:00PM				
Beginner Rec – 1 HR Age: 10+ Level 1-3			7:20PM – 8:20PM	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	6:10PM – 7:10PM				
Beginner Trampoline - 1 HR Age: 8+ Years		6:00PM – 7:00PM			
Advanced Trampoline - 1 HR Age 8+		7:10 – 8:10PM			

*No Classes will run over Winter Break from December 21st to January 4th

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