

# Greater Napanee Gymnastics Club

10 Week - Fall Session: September 2nd to November 9th

Online registrations open August 20th at 9am

Programs	Mon**	Tues	Wed	Thurs	Sat
Parent & Tot – 1 HR Age: 16 Months – 3 Years					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.				TBD
Kindergym – 1 HR Age: 3 Years	4:50PM – 5:50PM		4:30PM – 5:30PM 4:40PM – 5:40PM 5:00PM – 6:00PM	4:30PM – 5:30PM 5:10PM – 6:10PM	11:30AM - 12:30PM
Kindergym – 1 HR Age: 4 - 5 Years		5:05PM – 6:05PM	4:50PM – 5:50PM 5:50PM – 6:50PM 6:00PM – 7:00PM	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+			5:10PM – 6:10PM	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 5:40PM – 6:40PM 6:10PM – 7:10PM	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	6:20PM – 7:20PM 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	7:20PM – 8:20PM		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+	6:40PM – 8:10PM		7:00PM – 8:30PM	6:15PM - 7:45PM	
Tumbling - 1 HR Age: 8+ Years	6:00PM – 7:00PM				
Beginner Trampoline - 1 HR Age: 8+ Years		6:00PM - 7:00PM			
Advanced Trampoline - 1 HR Age 8+		7:10 - 8:10PM			

\*\*Monday Classes will run 8 weeks because of Labour Day and Thanksgiving. Costs are adjusted accordingly.

25 Snow Road, Napanee, ON K7R 0A2 Call: (613) 354 – 0696  
Website: <https://gngc19.wixsite.com/gngc> Email: gngc@outlook.com