

# Muskoka Limberettes Gymnastics Club

## HOME SCHOOL GYMNASTICS PROGRAM – FALL 2019

Our gymnastics program for homeschool children is formatted just like one of our regular recreational gymnastics classes. Participants are divided into groups by age and level. Participants will have the opportunity to explore all the gymnastics events (Vault, Bars, Beam, Floor and Trampoline) in a structured environment. All of the activities in the gym are supervised by our trained gymnastics coaches.

**Tumble Tots – Walking to 3 years old:** A structured exploration of the basics of gymnastics and body awareness. Parent participation is required on a 1-1 basis. (60 Minute Class)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1:00pm – 2:00pm			
9 Week Program – October 10 <sup>th</sup> – December 5 <sup>th</sup> - \$110.00 Plus \$35.00 Gymnastics Ontario Registration Fee						

### **Kinder Gym – 4 & 5 years old**

Participants must be 4 years old and able to participate independently. Participants must also be toilet trained and able to go to the bathroom on their own. Participants will begin to learn gymnastics fundamentals such as balancing, jumping & landing, swinging, etc. (60 Minute Class)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1:00pm – 2:00pm			
9 Week Program – October 10 <sup>th</sup> – December 5 <sup>th</sup> - \$110.00 Plus \$35.00 Gymnastics Ontario Registration Fee						

**Girls & Boys Recreational Gymnastics – ages 5 and older** This homeschool class is for boys and girls ages 6 and older. The focus of this class is FUN, FITNESS & FUNDAMENTALS. Participants will work on developing strength, flexibility and body awareness while learning new gymnastic skills on the various gymnastics apparatus. (90 Minute Class)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1:00pm – 2:30pm			
9 Week Program – October 10 <sup>th</sup> – December 5 <sup>th</sup> - \$146.00 Plus \$35.00 Gymnastics Ontario Registration Fee						

- All participants must register in advance for the entire session. Each participant must pay the \$35.00 Gymnastics Ontario Fee if not yet paid for the 2019/2020 season.
- Registration is not complete without payment. Payment can be made in person by cash, cheque, or debit (no post-dated cheques allowed). We also allow payments by e-transfers at [limberettes.payments@gmail.com](mailto:limberettes.payments@gmail.com). Online registration must be paid by credit card.
- We will do our best to divide participants into appropriate age groups, however, groups may have a broader range of ages based on registration.
- We reserve the right to combine classes due to insufficient registration.
- Participants age 3 and under need to be accompanied by an adult on a 1:1 ratio.