

“THE BLUEWATER GYMNASTICS CLUB” – SCHEDULE 2009/ 2010

PRESCHOOL PROGRAMS	Upstairs Gym ^ Downstairs Gym v	Tuesday	Wednesday	Thursday	Friday	Saturday
Gym Tots (18 months to 5 yrs) <i>1Hr</i>		10:30 – 11:30 v	10:30 – 11:30 v 9:30 - 11:30 v	10:30 – 11:30 v		9:00 – 10:00 v 10:00 – 11:00 v
Kindergym (3 years to 5 years) <i>1Hr</i>		9:30 – 10:30 v 10:30 – 11:30 v 12:30 – 1:30 v 6:00 – 7:00 ^	9:30 – 10:30 v 10:30 – 11:30 v 12:30 – 1:30 v 6:00 – 7:00 ^	9:30 – 10:30 v 6:00 – 7:00 ^	6:00 – 7:00 ^	11:00 – 12:00 v
Boys and Girls Together						
Advanced Kindergym (3 years to 5 years) <i>2 Hrs (By Invitation Only)</i>		12:30 – 2:30 v	12:30 – 2:30 v			11:30-1:30 v
*Creative Kindergym (3 years to 5 years) NEW 2 hrs (gymnastics, craft and snack provided by parents)		12:30-2:30 v	12:30-2:30 v	9:30 – 11:30 v		
RECREATIONAL PROGRAMS	Boys Program					
Recreational Boys (6 years to 10 years) <i>1.5 Hrs(boys group separate from girls)</i>		6:00 – 7:30 v			6:00 – 7:30 v	12:00 – 1:30 v
RECREATIONAL PROGRAMS	Girls Program					
Girls Gymnastics (6 years to 8 years) <i>1.5 Hrs</i>		6:00 – 7:30 v			6:00 – 7:30 v	12:00-1:30 v
Girls Gymnastics (9 years to 15 years) <i>1.5 Hrs</i>		7:30 – 9:00 v			7:30 – 9:00 v	12:00-1:30 v
Girls Gymnastics (6 years to 15 years) <i>2 Hrs</i>			6:00 - 8:00 v			1:30 – 3:30 v
Advanced Junior Recreational (6 years-9 years) <i>2 Hrs</i>			6:00 - 8:00 v	6:00 - 8:00 v		1:30 – 3:30 v
Advanced Senior Recreational Girls Gymnastics (9 years to 15 years) <i>3 Hrs</i>			6:00 - 9:00 v	6:00 - 9:00 v		1:30 – 4:30 v
ADULT				9:00-10:00 v		
TRAMPOLINE PROGRAMS						
Boys and Girls (6 years and up) <i>1 Hr</i>		7:30-8:30 v		7:00 - 8:00 v	7:30 - 8:30 v	1:30-2:30 v

Gymtots- (1 Hour) Children from the ages of 18 months to 5 years old can experience gymnastics along side their parent. This program provides an assortment of musical warm-up, stretching and progressive skill development circuits on all apparatus in the gym.

Kindergym- (1 Hour) This program is designed for children ages 3-5 years of age. The kindergym program is a structured gymnastics class where children progress through our kindergym levels. Skills are learned on all the apparatus in the gym.

***Creative Kindergym- (2 Hours)** This program is 1 hour of structured gymnastics and 1 hour of creative time with a snack provided by parents.

Advanced Kindergym- (2 Hours) Children are chosen to participate in this program by coach's recommendation only.

Recreation- (1.5 hours or 2 Hours) This program is designed for children ages 6-15 years of age. Children progress through the CanGym program. There are fourteen levels in this system. Circuits are set-up throughout the gym and children learn skills specific to their level.

Junior Advanced Recreation- (2 Hours) Ages 6-9 years

This program emphasizes form and technique, physical conditioning and progressive skill development. Gymnasts will learn routines on bars, beam, floor and vault to perform at our In-House competition. The CanGym level system will be used in addition to the program.

Senior Advanced Recreation- (3 Hours) This program is designed for the more advanced gymnast. Gymnasts must be at minimum, working on Turquoise Level or Equivalency in skills. Gymnast will learn routines on all events to perform at our annual In-House Competition.

Adult (1 Hour) This program provides an assortment of supervised warm-up, stretching and skill development.

**BLUEWATER
GYMNASTICS
CLUB**

SARNIA INC.

2009 / 2010

**RECREATIONAL
PROGRAMS**

**For ages
(18 months and up)**



N.C.C.P. CERTIFIED INSTRUCTORS

Located at:

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