

Classes for toddlers and preschoolers

Bouncing Babies: Age: 13 - 18 months

Mom & babe get a work-out while exploring the gym!

Class length: 30 minutes

<u>Day:</u>	<u>Times:</u>	<u>Date:</u>	<u>Cost:</u> **
Mon - 13 wks	10:00	Sept 13	\$ 70
Sat - 14 wks	9:30	Sept 11	\$ 75

Parent & Tot: Age: 18 - 30 months

What a great way to have fun with your child!

Class length: 45 minutes

<u>Day:</u>	<u>Times:</u>	<u>Date:</u>	<u>Cost:</u> **
Mon - 13wks	9:15, 11	Sept 13	\$ 105
Wed - 15wks	9:15, 11	Sept 8	\$ 121
Thurs - 14wks	9:15, 10:45	Sept 9	\$ 113
Sat - 14wks	8:45, 9:30, 10, 10:15, 10:45	Sept 11	\$ 113

Terrific 2's & 3's: Age: 2 1/2 - 3 years

This is parent participation!

Class length: 45 minutes

<u>Day:</u>	<u>Times:</u>	<u>Date:</u>	<u>Cost:</u> **
Mon - 13 wks	9, 9:45, 10, 10:45, 12, 1:15	Sept 13	\$ 105
Wed - 15 wks	9, 9:45, 10, 10:15, 10:45, 11, 1	Sept 8	\$ 121
Thurs - 14 wks	9:15, 10, 11	Sept 9	\$ 113
Sat - 14 wks	8:30, 8:45, 9:30, 10, 10:30, 10:45, 11:15, 11:30	Sept 11	\$ 113

Fabulous Fours: Age: 4 years

Class length: 1 hour

<u>Day:</u>	<u>Times:</u>	<u>Dates:</u>	<u>Cost:</u> **
Mon - 13 wks	9, 10:30, 12:15, 1:15, 3:30	Sept 13	\$ 139
Wed - 15 wks	9, 10:30, 12, 1:15, 4 pm	Sept 8	\$ 161
Thurs - 14 wks	9, 10, 11, 12, 1	Sept 9	\$ 150
Fri - 15 wks	3:30	Sept 10	\$ 161
Sat - 14 wks	8:30, 9, 9:30, 10:15, 10:30, 11:45, 12	Sept 11	\$ 150

Fantastic 5's Age: 5 - 6 years

Class length: 1 hour

<u>Day:</u>	<u>Times:</u>	<u>Dates:</u>	<u>Cost:</u> **
Mon - 13 wks	10 am, 12:15, 12:45, 4:30 pm	Sept 13	\$ 139
Wed - 15 wks	10 am, 12:15, 6 pm	Sept 8	\$ 161
Thurs - 14 wks	10, 12, 1, 3:30 pm	Sept 9	\$ 150
Fri - 15 wks	3:30, 4:30, 6	Sept 10	\$ 161
Sat - 14 wks	8:30, 9:30, 11, 11:45, 12:45	Sept 11	\$ 150

Classes for GIRLS 6 & up...

Beginner: Age: 6 - 13 years

Burgundy & Red Cangym badges

Class length: 1 hour

<u>Day:</u>	<u>Times:</u>	<u>Dates:</u>	<u>Cost:</u> **
Mon - 13 wks	5:30	Sept 13	\$ 139
Tues - 15 wks	3:30, 3:30*, 6	Sept 7	\$ 161
Wed - 15 wks	4:30, 6, 7, 7*	Sept 8	\$ 161
Thurs - 14 wks	3:30, 6, 7*	Sept 9	\$ 150
Fri - 15 wks	3:30, 6:30	Sept 10	\$ 161
Sat - 14 wks	11:30, 12:30, 1:30	Sept 11	\$ 150

***Classes for Ages 9 - 13 yrs

Intermediate #1: Age: 6 - 13 years

Tan & Bronze Cangym badges

Class length: 1 hour

<u>Day:</u>	<u>Times:</u>	<u>Dates:</u>	<u>Cost:</u> **
Mon - 13 wks	6:30	Sept 13	\$ 139
Tues - 15 wks	5:15, 6:15	Sept 7	\$ 161
Wed - 15 wks	6, 7*	Sept 8	\$ 161
Thurs - 14 wks	5	Sept 9	\$ 150
Fri - 15 wks	3, 6	Sept 10	\$ 161
Sat - 14 wks	12:45	Sept 11	\$ 150

Intermediate #2: Age: 6 - 13 years

Purple & Blue Cangym badges

Class length: 1.5 hours

<u>Day:</u>	<u>Times:</u>	<u>Dates:</u>	<u>Cost:</u> **
Mon - 13 wks	5:00	Sept 13	\$ 209
Tues - 15 wks	4:30	Sept 7	\$ 241
Wed - 15 wks	3:30, 5:30	Sept 8	\$ 241
Thurs - 14 wks	4:30	Sept 9	\$ 225
Fri - 15 wks	4:30	Sept 10	\$ 241
Sat - 14 wks	12:30	Sept 11	\$ 225

Advanced #1: Age: 6 - 13 years

Turquoise & Silver Cangym badges

Class length: 2 hours

<u>Day:</u>	<u>Times:</u>	<u>Dates:</u>	<u>Cost:</u>
Wed - 15 wks	4	Sept 8	\$ 321
Thurs - 14 wks	6:15	Sept 9	\$ 299

There will be no classes October 9 & 11,
November 11

Winter Registration Begins Online November 29
and In Person or By Phone December 13

Advanced #2: Age: 6 - 13 years

Orange, Yellow & Green Cangym badges

Class length: 2 hours

<u>Day:</u>	<u>Times:</u>	<u>Dates:</u>	<u>Cost:</u> **
Mon - 13 wks	6:30 pm	Sept 13	\$ 278
Tues - 15 wks	6 pm	Sept 7	\$ 321

Teen Classes: Age: 12 - 18 years

No badge levels

<u>Day:</u>	<u>Times:</u>	<u>Dates:</u>	<u>Cost:</u> **
Girls—class length: 1.5 hours			
Thurs - 14 wks	7:30 pm	Sept 9	\$ 225

Boys—class length: 1 hour

Tues - 15 wks	8 pm	Sept 7	\$ 161
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Trampoline & Double Mini only—Coed

Class length: 1 hour

Wed - 15 wks	6 pm	Sept 8	\$ 161
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Classes for BOYS 6 & up...

Beginner: Age: 6 - 13 years

Burgundy & Red Badges

Class length: 1 hour

<u>Day:</u>	<u>Times:</u>	<u>Dates:</u>	<u>Cost:</u> **
Mon - 13 wks	3, 4*	Sept 13	\$ 139
Tues - 15 wks	4	Sept 7	\$ 161
Wed - 15 wks	5	Sept 8	\$ 161
Fri - 15 wks	5:30*	Sept 10	\$ 161
Sat - 14 wks	11:30, 12:30, 1:00	Sept 11	\$ 150

**Classes for boys 9 - 13 yrs.

Intermediate Boys: Age: 6 - 13 yrs

Tan, Bronze, & Purple Badges

Class length: 1.5 hours

<u>Day:</u>	<u>Times:</u>	<u>Dates:</u>	<u>Cost:</u> **
Mon - 13 wks	6:45	Sept 13	\$ 209
Wed - 15 wks	3:30	Sept 8	\$ 241

Advanced Boys: Age: 6 - 13 yrs

Blue, Turquoise Badges

Class length: 1.5 hours

<u>Day:</u>	<u>Times:</u>	<u>Dates:</u>	<u>Cost:</u> **
Wed - 15 wks	6:30	Sept 8	\$ 241

Trampoline, DMT & Tumbling co-ed

Beginner Class: Age: 7 - 13 years

Level 1 & 2

Class length: 1 hour

Day:	Times:	Dates:	Cost: **
Mon - 13 wks	3:45	Sept 13	\$ 139
Tues - 15 wks	3	Sept 7	\$ 161
Wed - 15 wks	3, 5* (9-13 yrs)	Sept 8	\$ 161
Thurs - 14 wks	4* (9-13 yrs)	Sept 9	\$ 150
Fri - 15 wks	4:30, 5:30	Sept 10	\$ 161
Sat - 14 wks	12	Sept 11	\$ 150

Intermediate Class Age: 7 - 13 years

Level 3 & 4

Class length: 1 hour

Day:	Times:	Dates:	Cost: **
Tues - 15 wks	4	Sept 7	\$ 161
Wed - 15 wks	3	Sept 8	\$ 161
Thur - 14 wks	6:15	Sept 9	\$ 150
Fri - 15 wks	6:30	Sept 10	\$ 161

Intermediate/Advanced Combo Class

Level 4+

Class length: 1.5 hour

Sat- 14 wks	1:00	Sept 11	\$ 225
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Advanced Class: Age: 7 - 13 years

Level 5 +

Class length: 1.5 hours

Day:	Times:	Dates:	Cost: **
Tues - 15 wks	5:15	Sept 13	\$ 209
Thurs - 14 wks	4:45	Sept 9	\$ 225

Gravity Busters: Age: 19+

Class length: 1 hour

This class is co-ed and offered for adults wishing to learn skills on the trampoline. **THIS IS A REGISTERED CLASS**— Phone office for more details.

Day:	Times:	Dates:	Cost: **
Tues - 15 wks	8:45 pm	Sept 7	\$ 161

PLEASE NOTE: ALL Participants of gymnastics, for both classes and drop in programs MUST purchase a \$17 Gymnastics BC Registration/Insurance. This fee is automatically added when registering for a class.

Refunds and Missed classes: A \$30 fee will apply to refunds unless a doctors note is provided. There is a \$20 fee for all NSF cheques. There are no make ups available for missed classes.

How to Register Online

1. A family account can be opened anytime by a parent
2. Account confirmation is sent to your e-mail address, then re-enter site via e-mail
3. Register children in a class by following the prompts, complete payment, and print receipt for your records

BIRTHDAY PARTIES

Our birthday parties are held later on Saturday and Sunday afternoons.

BOOK NOW as space is limited

Costs

- 1 hour in gym with 10 kids \$95
- 1 hour in the gym with 11 - 18 kids \$130
- 1 hour in concession room \$20
- 1 hour in the party room \$40

The number of children includes siblings. All children three and under in the gym require parental assistance. Payment required at time of booking.



DROP IN GYM

- All children must be accompanied by an adult
 - Up to 3 children per adult
- GBC membership of \$17 is required for all participants including adults
- **FRIDAYS 2-3PM (PRE-SCHOOL)**
\$3.00 per person OR \$10.00 per family
- **SATURDAYS 6-8PM (FAMILY)**
\$5.00 per person OR \$15.00 per family



Building Healthy Minds & Bodies

FALL 2010



REGISTRATION

ONLINE REGISTRATION opens

August 3 @ 7am

www.okanangymnastics.com

OFFICE REGISTRATION

August 16 by phone & in person @ 9am

365 Hartman Rd Kelowna, BC V1X 2M9

PHONE: (250)765 0888

FAX: (250) 765 0890

E-MAIL: ogc@telus.net

WEBSITE : www.okanangymnastics.com