

SPRING 2020 Schedule

Registration February 10-March 8, 2020

Classes Run March 9-June 7, 2020



| Classes | Cost | Duration | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|-------------------------------|-------------|------------|--------------|--------------------------------|----------------------|----------------|-----|----------------|------------------|
| Parent and Tot 2 Years | 200 +HST | 45 Minutes | | | 9:30AM | 4:45A 4:45B | | 8:45A 8:45B | 9:30A 9:30B |
| Rec 3 Years | 200 +HST | 45 Minutes | | | 10:15AM 4:00 | 4:00 | | 9:30A 9:30B | 10:15A 10:15B |
| Rec 4+5 | 220 +HST | 55 Minutes | 4:00 4:15 | | 4:30 4:45 | 5:30 | | 10:15 10:30 | 11:00 11:15 |
| Rec 6-8 | 290 +HST | 75 Minutes | | | 5:30 5:45 6:45 | | | 11:30 11:45 | 12:00 12:15 |
| Rec 9+ | 310 +HST | 90 Minutes | | 4:45 | 7:00 | | | | |
| Advanced 1 | 320 +HST | 90 Minutes | | 4:30 | | | | | |
| Advanced 2 | 350 +HST | 90 Minutes | | | | 5:30A 6:30B | | | |
| Advanced 3 | 350 +HST | 90 Minutes | | | | 7:00 | | | |
| Advanced Choreo+Skills | 230 +HST | 60 Minutes | 7:00 | | | | | | |
| Ninja 5&6 | 210 +HST | 45 Minutes | 5:15 | | | | | 1:15 | |
| Ninja 7+ | 270 +HST | 60 Minutes | 6:00 | | | | | 2:00 | |
| Beginner Tumbling | 215 +HST | 45 Minutes | | 6:00 | | | | | |
| Intermediate Tumbling | 230 +HST | 50 Minutes | | LVL 1 6:45 LVL 2 7:35 | | | | | |

*Advanced classes are by invite/try-out only

*Class times are subject to change pending registration

****Insurance and Registration Fee:** All new and returning members are required to pay the annual \$30+HST insurance and registration fee. This payment is valid between July 1st 2019-June 30th 2020.

Intermediate Level 1: Assisted bridge
Kickover, assisted handstand to bridge,
assisted bridge recover

Level 2: Independent backwalkover and
front walkover, round-off

Experienced Tumbling: independent
backhandspring or round-off
backhandspring