



# Academy of Sport and Fitness

40 Vogell Rd. Unit #32, Richmond Hill, Ontario L4B 3N6

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**CLASSES  
START  
SEPT. 14TH**

## SEASON 2019-2020 SCHEDULE

### ACADEMY RECREATIONAL & ADVANCED PROGRAMS

from September 14, 2019 to June 22, 2020

	FULL YEAR RATES (SEE NOTES)	WEEKDAYS				WEEKEND	
		MON	TUES	WED	THURS	SAT	SUN
<b>PARENT &amp; TOT</b> (18 mos - 2 yrs)	\$360 x 2	<i>Create Your Own class! Bring a group of friends and we'll design a class especially for you! (Applies to Parent&amp;Tot or KinderFun; based on coaching availability)</i>				9:15-10:15	10:15-11:15
<b>KINDERFUN</b> (2.5-3.5 years)	\$440 x 2					9:00-10:00	10:00-11:00
<b>JR. GYM FUN BEGINNERS</b> 1 HR (3.5-4.5 yrs)	\$440 x 2		5:30-6:30	6:15-7:15	5:00-6:00	10:00-11:00 11:00-12:00	10:00-11:00 11:15-12:15
<b>JR. GYM FUN INTERMEDIATE</b> 1.5 HRS (5-6.5 yrs)	\$660 x 2	6:30-8:00	5:30-7:00	4:45-6:15	6:00-7:30	9:00-10:30 10:30-12:00 1:00-2:30	9:45-11:15 11:15-1:15
<b>SR. GYM FUN</b> 2 HRS (7+, girls only)	\$840 x 2		6:15-8:15		6:30-8:30	11:00-1:00 1:00-3:00	11:15-1:15
<b>NINJA WARRIOR GYMNASTICS</b> 1 HRS or 1.5 HRS (co-ed)	\$440 x 2 \$660 x 2	6:00-7:00 7:00-8:30				10:15-11:15 11:15-12:45	

Contact us for details about our **XCEL** (introduction to competitive), **ADVANCED KINDER** (3-5 yrs girls) & **TUMBLING CLASSES**.

#### NOTES PAYMENT INFORMATION

- Full year program registration in two payments, as listed in the table above. Monthly installments available when registering for a full year program (post-dated cheques; fee applies). Single session registration available (one payment).
- **Program rates include HST.** Sibling discounts available.
- **Gymnastics Ontario recreational membership fee** is charged once per season at registration (\$40, non-refundable, HST included).
- **No classes on the following dates:** Thanksgiving (Oct. 14), Halloween (Oct. 31), Winter Break (Dec. 21 - Jan. 5), Family Day (Feb. 17), March Break (no classes March 16-22, camp offered March 16-20), Easter Monday (April 13), Victoria Day (May 18) and three competition closures when we host Gymnastics Ontario competitions at the gym (dates TBA). All closures are accounted for in the schedule planning:

**JOIN ANY TIME**  
PROGRAM RATES  
WILL BE PRORATED

### Xcel

An introduction to competitive gymnastics, with personalized routines to fit individual abilities. Our **new advanced program** that offers athletes more learning and skill development opportunities.  
By invitation (call for assessment).

### Ninja Warrior Gymnastics



**Achieve. Overcome. Conquer.**  
In this new program, athletes will be challenged by obstacle courses, exercises and contests that involve strength, speed, agility, coordination, flexibility and focus.

### Celebrate your BIRTHDAY with us!



Call to book your gymnastics birthday party with us.  
Sundays, September thru June.

TO REGISTER, OR WITH ANY QUESTIONS ABOUT OUR PROGRAMS

EMAIL US AT: [ACADEMYSPOFITNESS@GMAIL.COM](mailto:ACADEMYSPOFITNESS@GMAIL.COM)

**\*\* CONTACT US FOR FREE ASSESSMENT FOR OUR ADVANCED AND COMPETITIVE PROGRAMS \*\***