



# Academy of Sport and Fitness

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

(905) 780-0913 academysportfitness.ca academysportfitness@gmail.com

## FALL/WINTER 2020-2021 SCHEDULE\*

### ACADEMY RECREATIONAL & ADVANCED PROGRAMS

Session 1: September 12 – November 13, 2020

Session 2: November 14 – January 29, 2021

\* SESSION 3 SCHEDULE TO BE AVAILABLE END OF 2020

**BE ACTIVE**  
LARGE GYM \* SMALL GROUPS  
HEALTH & SAFETY FIRST

MINI SESSION RATES	WEEKDAYS				WEEKEND		
	MON	TUES	WED	THURS	SAT	SUN	
<b>BUBBLE GROUP/POD CLASSES AVAILABLE</b> (contact us to schedule your own class of home-schoolers or family/friends)							
<b>KINDERFUN WITH PARENT</b> (2.5-4 years)	\$185+HST	1:00-2:00	1:00-2:00			9:30-10:30 10:45-11:45 12:00-1:00	10:30-11:30
<b>JR. GYM FUN BEGINNERS</b> 1 HR (4.5-5 years)	\$185+HST	6:15-7:15	5:30-6:30	5:00-6:00	4:30-5:30	10:00-11:00 1:00-2:00	10:00-11:00 11:15-12:15
<b>JR. GYM FUN INTERMEDIATE</b> 1.5 HRS (5-6.5 years)	\$280+HST	6:00-7:30		4:45-6:15	5:45-7:15	9:30-11:00 11:15-12:45	9:45-11:15 11:15-12:45
<b>SR. GYM FUN</b> 2 HRS (7+, girls only)	\$360+HST		6:15-8:15		6:30-8:30	11:00-1:00 1:15-3:15	11:30-1:30
<b>NINJA WARRIOR GYMNASTICS</b> 1 HR (co-ed) (5+ years)	\$195+HST					11:30-12:30	
Contact us for details about our <b>XCEL</b> (introduction to competitive), <b>ADVANCED KINDER</b> (3-5 yrs girls) & <b>TUMBLING CLASSES</b>							

#### NOTES / PAYMENT INFORMATION

- Payment must be received before joining the program. Please contact the office to apply COVID-19 credit from Winter 2019 classes. Discounts and promotions cannot be combined.
- Join for **two classes a week** and receive a 10% off discount off the second class
- Sibling discounts available.
- **Gymnastics Ontario recreational membership fee** is charged once per season at registration (\$40+HST, non-refundable).
- **No classes on the following dates:** Thanksgiving (October 12), Winter Break (Dec. 19 - Jan. 8), All closures, including Gymnastics Ontario competitions hosted at our gym, 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: [ACADEMYSPORTFITNESS@GMAIL.COM](mailto:ACADEMYSPORTFITNESS@GMAIL.COM)

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