

### FEES (includes HST)

\$35.00 Annual OGF Registration Fee

### Gymnastics Term (10 weeks)

3/4 hour class	\$120.00
1 hour class	\$150.00
1 1/4 hour class	\$185.00
1 1/2 hour class	\$220.00
2 1/2 hour class	\$350.00
3 hour class	\$425.00

### Dance Term (15/16 weeks)

1/2 hour class	\$135.00
3/4 hour class	\$180.00

5% discount offered when registered & booked for 2 terms in a row!

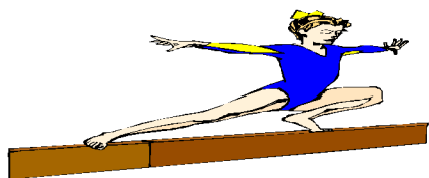
10% discount offered when registered & booked for 3 terms!

15% discount offered when registered & booked for 3 1/2 terms (Sept to June)

1/2 term is approximate 1/2 fees (4th term - Summer)

Inquire on fees for multiple days of training per week.

## Reserve your spot now!



### GYMNASTICS TERMS

**Term 1** - Sept. 11 to Nov. 21

**Term 2** - Nov. 27 to Feb.17

**Term 3** - Feb. 26 to May 14

**Term 4** - May 22 to June 25 or July 30

(this term may have class changes)

### DANCE TERMS

**Term 1** - Sept. 11 to Jan. 13

**Term 2** - Jan. 22 to May 19

### PAYMENT STRUCTURE

- All fees can be paid by Visa, Mastercard, Debit, cash or cheque (\$30 service charge for any NSF cheques). !
- No refunds after the 2nd class.
- Annual Registration Fee is a one-time fee, non-refundable and runs from July 1st to June 30th of the following year.
- \$20 administration fee if changing classes in the middle of a term or requesting a refund.
- We accept late registrations.
- No make up classes for cancelled classes due to extreme bad weather, unless there is more than one cancelled class per term
- No make up classes allowed for child absentees, due to high child to coach ratio.
- There will be a Year-end Showcase in May!
- Financing options are available. Please inquire or check out the information on the website!

### WEARING APPAREL

- Girls & Boys can wear fitted shorts (no zippers/buttons/snaps) & t-shirt in Parent & Tot, Kinder plus Amethyst/Emerald classes, **however bodysuits are recommended**
- For safety reasons, girls in **higher levels (Garnet & up)** are required to wear a bodysuit of any style or colour (can be purchased at the facility). **No Skating or Swim suits allowed!!!**
- Boys in **higher levels** should wear a fitted tank/undershirt & fitted shorts without zippers & buttons or track pants with elastic ankles.
- No jewellery, especially rings, dangle earrings, necklaces & watches
- Medium-long hair should be neatly combed & tied back at all times.
- No Socks or Shoes allowed in the gym, except gymnastics slippers **(coaches exempted)!**

### Bancroft Gems Gymnastics Coaches

D'Anna Millar (Director & Head Coach - NCCP level 2 certified with Level 3 National training)

Jennifer Boone-Gates (Head Coach - NCCP Level 2 certified)

**EACH TIME YOU BRING A FRIEND AND THEY JOIN THE CLUB, RECEIVE A \$25 GIFT CARD!**

**Receive 10% discount off single term fees, for each additional child that joins (must be siblings).**



**The club that likes to have FUN when they roll, tumble, swing, spring and balance.**

29556 Highway 28 South

Box 897

Bancroft, Ontario

K0L 1C0

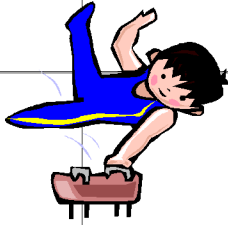

(beside Kawartha Dairy)

**(613) 332 - 6100**

website: [www.bancroftgymnastics.com](http://www.bancroftgymnastics.com)

email: [bancroftgymnastics@gmail.com](mailto:bancroftgymnastics@gmail.com)

## CATEGORIES

Program	Monday	Tuesday	Wednesda	Thursday	Friday	Saturday
<b>Parent &amp; Tot</b> (18 mths to 3)		10:00 to 10:45		10:00 to 10:45		9:00 - 9:45
<b>Kinder</b> (ages 3 to 5)	4:45 to 5:45	1:00 to 2:00 5:00 to 6:00	5:00 to 6:00	1:00 to 2:00 5:00 to 6:00	5:00 to 6:00	9:45 to 10:45
<b>Amethyst/ Emerald</b> (ages 5+)	5:45 to 7:00	5:45 to 7:00	5:45 to 7:00	6:00 to 7:15	5:45 to 7:00	10:45 to 12:00
<b>Garnet/Pearl/ Quartz</b> (ages 7+)	6:00 to 7:30		6:00 to 7:30	5:45 to 7:15	6:30 to 8:00	12:00 to 1:30
<b>Sapphire/Topaz</b> (ages 9+)		6:15 to 9:00				
<b>Dance</b> (ages 4 & up)	(ages 6+) Jazz/Hip hop 5:45 to 6:15 Tap 6:15 to 6:45 Ballet/ Highland 6:45 to 7:30					<b>Pre-Dance</b> (ages 4-6) 2:00 to 2:45
<b>Afterschool</b> (ages 6-12)		3:45 to 5:15				
<b>Diamond 1/ Junior Adv.</b> (ages 5-11)		3:45 to 5:15			3:45 to 5:15	
<b>Adults</b> (ages 16+)					7:45 to 9:00	

### PARENT & TOT (age 18 months to 3 years)

This 45 minute class is designed to help the young to interact with other youngsters and to explore different movement patterns & spatial awareness. **One Parent/Guardian must accompany each child.**

### KINDER (age 3 & 5)

This 1 hour class is the introduction to basic gymnastics and is designed to help coach the young with balance, coordination, confidence and all the Development Movement Patterns (landings, swings, springs, statics, rotations & locomotions).

### AMETHYST & EMERALD (Beginner - ages 5 & up)

This 1 1/4 hour beginner class is designed to teach the basic fundamentals in gymnastics on all apparatuses, as well as learning confidence, coordination and spatial awareness.

### GARNET, PEARL & QUARTZ (Intermediate - ages 7 & up)

This 1 1/2 hour class is designed to focus on the next fundamentals of gymnastics, as well as strength & flexibility. **Must be tested!**

### SAPPHIRE & TOPAZ (Advanced - ages 9 & up)

This 2 1/2 hour class is designed for all high level athletes who wish to train at a competitive level, but not compete. **By invitation only & must have passed all other levels!**

### DANCE (ages 6 & up)

This 30 or 45 minute class is designed for those non-gymnasts. Styles of dance offered are Pre-Dance for ages 4 to 6, Jazz/hip hop, Tap, Scottish Highland & Ballet for ages 6 & up. Specific shoes are required. If interested, please inquire on what specific shoes are needed.

### AFTERSCHOOL (ages 6 to 12)

A 1 1/2 hour co-ed class for those parents who can't get their child to gymnastics on a regular basis throughout the week. All participants come to gym from the School bus, have a snack, then learn the fundamentals of gymnastics at their own pace as a group. Must inform the school if registered for this program (available at Bancroft & Birds Creek schools only). Offered once a week, however can attend multiples!

### DIAMOND 1, 2 & 3 (ages 5 & up)

This competitive program is designed for high level athletes wishing to compete and represent Bancroft at an Interclub or Provincial level. Each program trains 2 to 4 days a week from 1 1/2 to 3 hours of training per day. **Must be tested &/or invited.** If interested, please inquire!

### ADULT DANCE OR GYMNASTICS (ages 16 & up)

This 1 1/4 hour gymnastics class concentrates on stretching, strengthening and basic gymnastics skills, mostly on floor, but other apparatuses are possible. The adult dance class is a variety class for 45 minutes which involves learning various dance styles, like Jazz/Hip hop, Scottish country, Tap, etc.

### SKILLS CLINIC (ages 4 & up)

This 30 minute class is designed for your child to concentrate on a variety of drills to achieve & perfect either the Cartwheel or Back walkover. Each clinic is \$10 & the minimum is 4 in each class. Can sign up for as many as you wish! If interested, please inquire!

**Recreational Programs are based on age & skill ability - Ages 7+ must be tested when registering!!!**

Note: Classes are subject to change to meet the needs of our members. Minimum of 3 kids required in Parent & tot, Kinder & Dance with a maximum of 6 and a minimum of 5 required for all other classes with a maximum of 10!