

## Recreational and Competitive Class Schedule 2022-2023

	MON	TUE	WED	THU	FRI	SAT
STAY & PLAY 5 - 8yrs				11:00-12:00		
PTOT 18 months - 3yrs		5:00-5:45	4:30-5:15	4:30-5:15		9:00-9:45
Pre-school 3-4 yrs	5:00-6:00	5:00-6:00	4:30-5:30	4:30-5:30		9:00-10:00
Juniors 5-6 yrs	5:00-6:00	6:00-7:00	5:30-6:30	5:30-6:30		10:00-11:00
Juniors 7-9 yrs	6:00-7:00	6:00-7:00	5:30-6:30	5:30-6:30		10:00-11:00
Boys Artistic 9+ yrs	6:00-7:00					
Girls Artistic 9+yrs			6:30-8:00			11:00-12:30
Girls Intermediate (2 times a week) 9+ yrs			6:30-8:00			11-12:30
<b>TRAMPOLINE &amp; TUMBLING</b>						
Trampoline & Tumbling <b>Beginner</b> 5-7 yrs	5:00-6:00					
Trampoline and Tumbling <b>Intermediate</b> 8+yrs			6:00-7:00			
Trampoline <b>Level 1, 8+yrs</b> (Includes basic tumbling) (1 x a week)	6:00-7:00		6:00-7:00			
(Trampoline <b>Level 2 (Prerequisite Level 1)</b> (Includes advanced tumbling) 8+yrs (2 x a week)	7:00-8:30		7:00-8:30			
Bounce-Ability (Rebound Therapy) <b>NEW!</b> Classes for our friends with disabilities					4:30-5:30	
Mindful Meditation for kids					5:45-6:30	
<b>Gym rental, event, private lessons, sport conditioning</b>					<b>6:30 - 9:30</b>	
<b>COMPETITIVE (By invite only)</b>						
Trampoline & Tumbling <b>Team (by Invite)</b> 2 x a week	7:00-8:30		7:00-8:30			
Developmental (3 hrs/week)		3:30-5:00		3:30-5:00		
Pre-competitive (6-9 hrs/week)		3:30-7:30		3:30-7:30		
Team (12 hrs/week)		4:30 - 8:30		4:30-8:30		11:00-3:00

All class fees are subject to HST

2022-2023 Class fees	
Insurance/Registration	\$60
45 min Class	\$190
1 hr Class	\$220
1.5 hrs Class	\$330
<b>Multiple Class Fees</b>	
45 mins x 2 Classes	\$285
1hr x 2 Classes	\$330
1.5hrs x 2 Classes	\$495
Private Lesson	\$50/hr
Stay & Play Punch Pass	\$96

Session Dates - 13 weeks each		
<b>Fall 2022</b>	Sept 12-Dec 10th	
<b>Winter 2022-23</b>	Dec 12th - Mar 25th	
<b>March Break</b>	Mar 13-19th No Classes Camp only	
<b>Spring 22-23</b>	Mar 27th-June 24	
<b>July3rd - Aug 25</b>	Summer Camp	

**REGISTRATION/INSURANCE** - \$60 fee is payable once a year and expires every Aug 31st

**STAY & PLAY** - Parents can choose to purchase a 5 visit pass for \$96+hst or sign up for the session and save \$30

**MULTIPLE CLASSES** - This is a new fee option for parents who would like to have their child attend more than once a week.

**COMPETITIVE** - This program is by invite only. If you would like to have your child evaluated, please make an appointment with the office staff.

**GYM RENTALS** - Groups, organizations, sport Conditioning, team bonding's, private lessons are all available options. Call us for more details.

Holidays		
<b>Labor Day</b>	Mon Sept 5th	Closed
<b>Thanksgiving</b>	Mon Oct 10th	Closed
<b>Halloween</b>	Mon Oct 31st	Closed
<b>Remembrance Day</b>	Fri Nov 11th	Closed
<b>Christmas Break</b>	Dec 25 - Jan 1st	Closed
<b>Heritage Day</b>	Mon Feb 20th	Closed
<b>Easter</b>	April 7th - 10th	Closed
<b>Victoria Day</b>	My 20th - 22nd	Closed
<b>Canada day</b>	Sat July 1st	Closed

## How does it work?

- ◆ All sessions are 13 weeks,
- ◆ All fees, except the Insurance/Reg fee, are taxable
- ◆ Choose your day/time/program based on your child's age,
- ◆ Classes are once a week, but multiple class options are available.
- ◆ Print the registration form from our website, fill out and return along with payment. Cash, debit, credit or e-transfer to email (gymnationclub@gmail.com)
- ◆ Participants need to register for each session,
- ◆ Class descriptions are viewable on our website

## Did you know...

- We do Birthday Parties
- Private Lessons
- Rebound Therapy for Special Needs
- Competitive Training
- Space Rental
- March Break and Summer Camp
- Workshops and Clinics
- Open House Events
- Fundraising for our Competitive Team



## Parent Week!

The last week of every session will now be parent week! Kids will get to show and share their skills with parents and report cards will be handed out too!

## Birthday parties!

Book your next party at  
GymNation! Details online at [www.gymnationclub.com](http://www.gymnationclub.com)

# GymNation Gymnastics & Trampoline 2022-2023



32 Park Rd Unit #3  
Elmsdale, NS B2S 2L2  
902-883-5102

[gymnationclub@gmail.com](mailto:gymnationclub@gmail.com)  
[www.gymnationclub.com](http://www.gymnationclub.com)

- There is a \$60 (Incl tax) non-refundable registration fee for all new members
- Refunds are only granted in the case of an illness or injury, with a provided medical note,
- NSF Cheques will be charged a \$35 Admin fee.
- Classes and/or dates are subject to change depending on registration numbers.
- Family with more than one child will receive a 20% discount on the class of lesser amount for the second and consecutive child
- A \$20 late fee is incurred for payments over 7 days past due. A 2% charge is added each month to any balance past due.



Jumpstart  
Bon départ

First Nation payments .

Financial assistance options for recreational activities for your kids are available. Contact the organizations here for more information. We honor both grants as well as Sipekne'katik



So ALL Kids Can Play!

ACTIVE FOR LIFE

sport nova scotia

