



MY GYM CLASS SCHEDULE

Effective: August 30, 2011 - July 3, 2012

Schedule Subject to Change (revised 09-01-11)



MY GYM
RICHMOND HILL
 9301 Bathurst Street
 Richmond Hill ON L4C 9S2
 905-780-7700
 info@mygym.ca
 www.mygym.ca

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---------------------------------------|---|--|------------------------------------|--------------------------------------|
| Gymsters/Terrific Tots 9:30 - 10:30 | Waddlers 9:30 - 10:30 | Gymsters 9:30 - 10:30 | Waddlers 9:30 - 10:30 | Terrific Tots/Mighty Mites 9:30 - 10:30 | Waddlers/Gymsters 9:00 - 10:00 | Waddlers/Gymsters 9:00 - 10:00 |
| Waddlers 10:40 - 11:40 | Gymsters 10:40 - 11:40 | Terrific Tots 10:40 - 11:40 | Terrific Tots 10:40 - 11:40 | Waddlers/Gymsters 10:40 - 11:40 | Terrific Tots 10:10 - 11:10 | Mighty Mites 10:10 - 11:10 |
| Tiny Tykes 11:50 - 12:35 | Tiny Tykes 11:50 - 12:35 | OPEN PLAY - Members 11:40 - 12:40 | OPEN PLAY - Members 11:40 - 12:40 | OPEN PLAY - Members 11:40 - 12:40 | Mighty Mites 11:20 - 12:20 | Whiz Kids/Champions 11:20 - 12:20 |
| Staff Meeting, Gym Set Up & Training | Terrific Tots/Mighty Mites 1:00 - 2:00 | Mighty Mites/Whiz Kids 1:00 - 2:00 | Mighty Mites/Whiz Kids 1:00 - 2:00 | Scheduled Mini Camps, Special Classes & Events | Birthday Party 1:00 - 2:45 | Birthday Party 1:00 - 2:45 |
| Waddlers/Gymsters 4:15 - 5:15 | Mighty Mites 4:15 - 5:15 | Whiz Kids 4:15 - 5:15 | | | Birthday Party 3:30 - 5:15 | Birthday Party 3:30 - 5:15 |
| OPEN PLAY - Members 5:20 - 6:20 | OPEN PLAY - Members 5:20 - 6:20 | Gymsters/Terrific Tots 5:20 - 6:20 | Birthday Party or Special Event 5:00 - 6:45 | Birthday Party or Special Event 5:00 - 6:45 | | |
| Cardio Kids 6:25 - 7:25 | Champions 6:25 - 7:25 | Cardio Kids 6:25 - 7:25 | | | Fitness Made Fun For Kids!! | |

Membership Fee (HST incl.):
 • Lifetime Family Membership Fee: \$75.00

Class Fees (every 4 weeks HST incl.):
Minimum Enrollment is 8 Weeks
 • ONE Child: \$103.00 every 4 weeks
 • TWINS: \$185.40 (10% off each child)
 • TRIPLETS: \$206.00 (33% off each child)

Open Play Fees (Members Only):
 • ENROLLED Members may attend one Open Play per week at no charge
 • Non-enrolled members and siblings of enrolled members may purchase Open Play for **\$7.00 per visit**
 • Parent/guardian supervision required

Make-Up Info (for missed classes):
 • Make-up must be completed within 28 days, but prior to class expiry date
 • Make-up classes must be scheduled in advance. Send e-mail or call to schedule
 • Make-ups may be scheduled prior to missing a class
 • Make-ups may be given to siblings

PARENT PARTICIPATION CLASSES:

TINY TYKES: 4 - 11 months
 Discover your baby's natural abilities through warm-ups, songs, dances and movements that strengthen your child both mentally and physically. Share the excitement as your infant climbs, hangs and tumbles for the first time.

WADDLERS: 11 - 20 months
 Encouraging the development of social skills, this program is geared toward the exploration of movement. Our first time walkers are elated as they are introduced to a vast array of fantastic and stimulating experiences.

GYMSTERS: 20 months - 2½ years
 Climbing a mountain, swinging on a trapeze, our toddlers develop their fine and gross motor coordination. Music, puppets, beginning gymnastics, games, rides and irresistible group activities keep these little ones moving.

TERRIFIC TOTS: 2½ - 3¼ years
 Listening and comprehension skills improve as we increase structure and add more gymnastics and tumbling. Parental involvement is gradually decreased through enticing activities with love and understanding.

Bring in this coupon for
ONE FREE TRIAL CLASS
 * New Members Only * One Guest Class Per Child

INDEPENDENT CLASSES:

MIGHTY MITES: 3 - 4½ years
 Lavished with positive reinforcement, the children gain self-esteem as they learn to be more independent. Relays, games and gymnastics lead to improved strength, flexibility and manipulative skills.

WHIZ KIDS: 4½ - 6 years
 Learning is intensified through more challenging activities and gymnastics skills. Sports skills are taught to further develop hand-eye coordination, gross motor proficiency and a spirit of group cooperation.

CHAMPIONS: 6 - 8 years
 In a completely positive atmosphere, the children are coached to sharpen sports skills and execute intricate gymnastics and tumbling. The emphasis here is on effort, diligence and teamwork.

CARDIO KIDS: 7 - 13 years
 Lively, fun and exhilarating are just a few ways to describe this exciting circuit training class. Children are challenged to use both upper and lower body muscles, while maintaining a steady heart rate.

My Gym MINI CAMP: 2.5 - 6 years
 A 1/2 day full of games, relays, sports, puppets, gymnastics, arts and crafts, story time, and much more. Our caring instructors will guide your child in different combinations of these activities each day.