

Program Fees

Session

Parent & Tots	\$85
Junior Recreation	\$115
Intermediate Recreation	\$135
Senior Recreation	\$155
Tramp & Tumbling	\$155
Gym-Dance	\$155
Teen Gymnastics	\$220
Advanced Recreation	\$220
Adult Gymnastics	\$10 per class

Start & Finish Dates Spring 2010 Session

	M	T	W	TH	F	S
Start Date	Mar. 29	Mar. 30	Mar. 31	Apr. 1	Apr. 2	Apr. 3
End Date	June 14	June 15	June 16	June 17	June 18	June 19
No Class					Apr. 2	
Make Up					Apr. 3	

With regrets, there will be no make-up class for those children who are absent from any class. Any gym closures due to inclement weather will be posted on our website and www.am800cklw.com and we will have make-up classes with notification.

Registration can be done by phone with credit card or in person during our office hours.

Windsor/LaSalle Office Hours

Monday to Friday 12:00 - 8:00 pm.

Saturday 9:00 am. - 3:00 pm.

\$25 Annual Fee per child (Sept.2009-Sept.2010) or \$60 per family (Non-Refundable)

FAMILY DISCOUNT RATE: 10% off second & each consecutive child. Discount applies on the lesser amount only.

SERVICE CHARGE: \$25 for all cheques returned by the bank to Winstars.

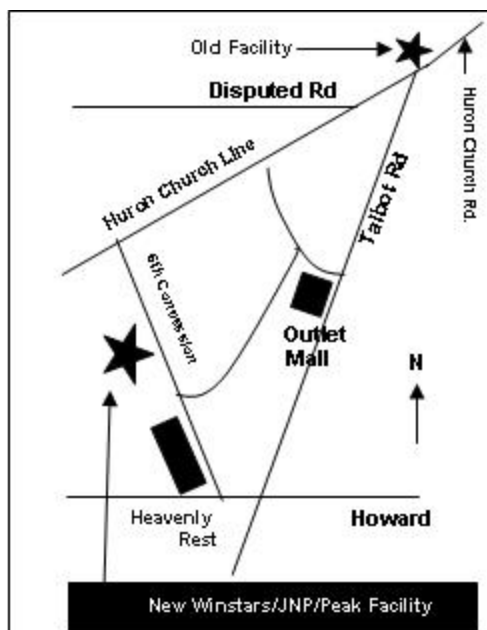
REFUNDS: There will be **NO REFUNDS** after the 3rd class of the program, only credits. Medical refunds require a doctor's note and **ANY REFUND** will be levied \$25 administrative charge.

2009-2010 Session Dates

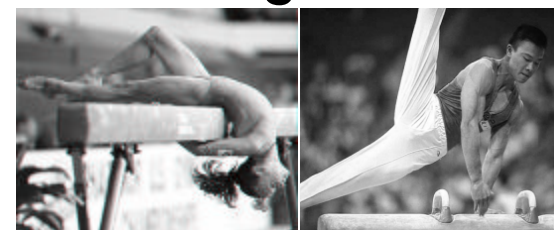
March Break Camp	March 15-19, 2010
Spring (12 Weeks)	March 29-June 19, 2010
Summer Fun Camp	July & August 2010

Please be advised that programs are subject to change or cancellation without notice.

GYMNASTICS is eligible for the Children's Fitness Tax Credit. This tax credit allows each family up to \$500 per child. Receipts issued.



Spring Gymnastics Program



March 29- June 19

5000 Howard Business PW on the 6th Concession
(between Howard Ave. & Old Huron Church Line)
(1 Km. southwest of Crossings Outlet Mall)

519-972-1397

Visit us at www.winstarsgym.com

*Peak Fitness is now open located beside Jump 'N' Party!
Look for some great Grand Opening Membership Specials!!*

Program Type	Tuesday	Wednesday	Thursday	Friday	Saturday	Birthday Parties Parties are offered weekdays in the evenings (except for Wednesday), Saturday and Sunday after 11:30 am. ----- Birthday parties are now in conjunction with Jump 'N' Party. Choose a jump, gymnastics or combination party. CALL 519-252-FUNN
Parent & Tots (16-35 months)		9:00-9:45 5:30-6:15	11:15-12:00	10:15-11:00	9:00-9:45 10:00-10:45 11:00-11:45	
Junior Boys & Girls Recreation (3-5 yrs.)	9:00-10:00 10:00-11:00 11:00-12:00 1:00-2:00 5:30-6:30 6:30-7:30	10:00-11:00 11:00-12:00 1:00-2:00 5:30-6:30 6:30-7:30	9:00-10:00 10:00-11:00 1:00-2:00 5:30-6:30 6:30-7:30	9:00-10:00 11:15-12:15 5:30-6:30 6:30-7:30	9:00-10:00 10:00-11:00 11:00-12:00 12:30-1:30 1:30-2:30	
Intermediate Boys & Girls Recreation (5-6 yrs.)	4:00-5:15	4:00-5:15	4:00-5:15			
Senior Girls Recreation (6-8 yrs.)	5:15-6:45 6:45-8:15	5:15-6:45 6:45-8:15	5:15-6:45 6:45-8:15	5:15-6:45 6:45-8:15	9:00-10:30 10:30-12:00 12:30-2:00 2:00-3:30	
Senior Girls Recreation (9+ yrs.)	5:15-6:45 6:45-8:15	5:15-6:45 6:45-8:15	5:15-6:45 6:45-8:15	5:15-6:45 6:45-8:15	9:00-10:30 10:30-12:00 12:30-2:00	
Senior Girls Advanced Rec. (8+ yrs.)		6:00-8:00		6:00-8:00	12:00-2:00	
Senior Boys Recreation (6+ yrs.)	5:15-6:45	5:15-6:45	5:15-6:45 6:45-8:15		9:00-10:30 10:30-12:00 12:30-2:00	
Trampoline & Tumbling (7+ yrs.)	5:15-6:45	6:45-8:15			12:30-2:00	
Gym-Dance (7+ yrs.)			7:00-8:30			
Teen Gymnastics (13+ yrs.)	6:30-8:30		6:30-8:30			

Parent & Tots (16 months-3 years)

This program allows the parent to work with the tot in a "FUN" oriented class. The tot will experience all aspects of early motor development with the use of the specialized developmental gymnastics equipment.

Junior Boys & Girls Recreation (3-5 years)

Our program is designed to improve the child's basic motor development by incorporating dominant gymnastic movements with fun physical activity. Gymnastics teaches the child important body awareness and body orientation attributes.

Intermediate Boys & Girls Recreation (5-6 years)

This program allows experienced boys & girls to work at improving motor development while being assessed through the CAN-GYM program, rather than junior levels. *(Intermediate participants must have 2 years in junior recreation in order to register in this program.)*

Senior Girls Recreation (6-8 years & 9+ years)

Our *fun, fitness, & fundamentals* program for girls enables them to start at a beginner level & progress through to an intermediate level on all Olympic apparatus, including trampoline. The CAN-GYM testing will be used to evaluate each gymnast.

Senior Girls Advanced Recreation (8 years and/or Silver Level & higher)

This program is designed for those girls who have progressed through to the silver level and allows the learning of skill combinations and routines.

Senior Boys Recreation (6 years & up)

This is an **ALL** boys program with an emphasis on developmental skills in boy's gymnastics on all of the boy's apparatus. This is an excellent program for cross training for many other sports.

Trampoline & Tumbling (7 years & up)

This is an exciting program for children who want to experience both tumbling & the trampoline. Gymnasts will learn the basics in tumbling, along with skills & rules of the trampoline.

Gym-Dance (7 years & up)

The gymnasts will be taught basic beam and floor gymnastics & dance movements, which together will be put into musical dance routines.

Teen Gymnastics (13 years & up)

The teens will be introduced to the basics of gymnastics, while working at their own pace. There will be no formal assessments done or reports cards.

Winstars Gymnastics is a Gymnastics Ontario sanctioned club. All staff is highly trained through the National Coaching Certification Program (NCCP) and the Winstars' directors.