

# GCGC Gymnastics

2016 - 2017 Recreational Programs



Recreational ♣ Competitive ♣ Masters

GCGC is a non-profit organization

[www.gcgc.ca](http://www.gcgc.ca)

    /gcgcgymnastics

**Fall Session begins September 6, 2016**

**GCGC: FOUNDED IN 1976**

- Member in good standing with Gymnastics Ontario
- Qualified, bilingual coaches, certified with the National Coaching Certification Program (NCCP)
- Coach-in-Training program
- Small coach-to-athlete ratio
- 12,500 square foot GCGC facility is equipped to Canadian Gymnastics Standards

Holidays: Thanksgiving, Christmas, New Year's, March Break, Easter and the weekend of our Annual Competitive Meet.

**RECREATIONAL PROGRAM**

We offer 3 recreational sessions

- Fall: September 10, 2016 – December 3, 2016
- Winter: December 5, 2016 – March 11, 2017
- Spring: March 20, 2017 – June 17, 2017

**COMPETITIVE PROGRAM**

GCGC offers competitive gymnastics programs for girls. Our Interclub Team trains 11 hours per week. The Provincial Team trains 16 hours per week. For more details on our competitive program or to arrange a try-out, contact our head coach, Pat Norris, at 613-747-6718 (GCGC) or 613-745-7898 (home).

**GCGC WEEKLY CLASS SCHEDULE: RECREATIONAL PROGRAMS**

Program	Day & Time	Age/Skill	Description	Session Fee
<b>Kindergym</b>				
Little Bears	Saturdays: 8:30 am – 9:15 am	18 mos. – 2+ years	All Kindergym classes are an Introduction to movement, balance and space through gymnastics circuits	\$165
Big Bears	Saturdays: 9:15 am – 10 am	2 – 4+ years		\$165
<b>Pre-Walkovers</b>	Saturdays: 10 am – 12 pm	4 – 5+ years	Beginning of a more structured class	\$330
<b>Walkovers</b>	Mondays: 4:45 pm – 6:15 pm	5 – 8 years	Beginner to Intermediate	\$270
	Wednesdays: 4:45 pm – 6:15 pm		Beginner to Intermediate	\$270
	Saturdays: 10 am – 12 pm		General, grouped according to skill level	\$330
<b>Somies</b>	Mondays: 6:15 pm – 8:15 pm	8 – 12+ years	Challenge	\$330
	Wednesdays: 6:15 pm – 8:15 pm		Advanced Challenge (Coach invitation only)	\$330
	Saturdays: 10 am – 12 pm		General, grouped according to skill level	\$330

**GCGC WEEKLY CLASS SCHEDULE: COMPETITIVE PROGRAMS (BY INVITATION ONLY)**

Program	Day & Time	Age/Skill	Description	Session Fee
<b>Pre-Team</b>	Tues & Thurs: 5 pm – 8:30 pm	8 – 12+ years	GO Levels 1-5. Preparation for the Competitive Team. Seven hours per week	--
<b>Interclub Team</b>	Tues & Thurs: 5 pm – 8:30 pm Saturdays: 12 pm – 4 pm	9+ years	GO Levels 1-5. At least three regional invitational competitions and Level 3-5 Provincial Championships. 11 hours per week	--
<b>Provincial Team</b>	Mon & Wed: 4:30 pm – 8:30 pm Saturdays: 12 pm – 4 pm	9+ years	GO Levels 6-9. Three provincial qualifiers, Ontario Championships, select invitational meets. 16 hours per week	--

\*Fees quoted per session **do not** include the annual GO/GCGC Registration fee. Add \$40 to the session fee, payable only on the first session or camp attended for the current year from July 1<sup>st</sup>, 2016 to June 30<sup>th</sup>, 2017 inclusively. Please note that without a medical certificate there can be no refunds after the first class has been attended.

## SPECIAL EVENTS

- Camps
- Bring-a-Friend days
- Parties
- Parent participation days
- Gym-a-thon
- Annual gymnastics show and family BBQ

## TYPICAL GCGC CLASS

- Start with a cardio drill – running sequences
- General stretch of all joints
- Exercises to develop strength and flexibility
- Rotations on bars, beam, vault, floor, trampoline, tumble track
- Cool down with a group game



GCGC recreational programs implement the Gymnastics Ontario Junior Olympics (GO JO) program as a lead into our competitive program. Awards are earned as skills are completed on each of bars, beam, vault and floor at each level.

## WHERE TO FIND US

5510 Canotek Road, Units 8 & 9  
Gloucester, Ontario K1J 9J5

### To inquire or register:

Call 613-747-4242 or email [info@gcgc.ca](mailto:info@gcgc.ca)

### Office hours:

Wednesday and Thursday 2 pm – 8 pm

Saturday 8:30 am – 12:30 pm

Visit our website at [www.gcgc.ca](http://www.gcgc.ca)

### Head Coach:

Pat Norris 613-745-7898

