

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

Office hours:

Wednesday and Thursday 2 pm – 8 pm
Saturday 8:30 am – 12:30 pm
Visit our website at www.gcgc.ca

Head Coach:

Pat Norris 613-745-7898



GCGC Gymnastics



Fall Session begins September 9, 2017

Recreational ⚡ Competitive ⚡ Masters

GCGC is a non-profit organization

www.gcgc.ca

 /gcgcgymnastics

5510 Canotek Road, Units 8 & 9 · Gloucester, Ontario K1J 9J5 · TEL: 613-747-4242 · FAX: 613-747-6718 · Email: info@gcgc.ca

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 9, 2017 – December 4, 2017
- Winter: December 6, 2017 – March 19, 2018
- Spring: March 21, 2018 – June 23, 2018

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	Annual
Kindergym					
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	\$444
Big Bears	Saturdays: 9:15 am – 10 am	2 – 4+ years		\$165	\$444
Pre-Walkovers	Saturdays: 10 am – 12 pm	4 – 5+ years	Beginning of a more structured class	\$330	\$891
Walkovers	Mondays: 4:45 pm – 6:15 pm	5 – 8 years	Beginner to intermediate	\$270	\$729
	Wednesdays: 4:45 pm – 6:15 pm		Beginner to intermediate	\$270	\$729
	Saturdays: 10 am – 12 pm		General, grouped according to skill level	\$330	\$891
Somies	Mondays: 6:15 pm – 8:15 pm	8 – 12+ years	Advanced Challenge (Coach invitation only)	\$330	\$891
	Wednesdays: 6:15 pm – 8:15 pm		Challenge	\$330	\$891
	Saturdays: 10 am – 12 pm		General, grouped according to skill level	\$330	\$891

Annual memberships may be paid as one sum, or divided evenly into six bi-weekly payments.

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

Program	Day & Time	Age/Skill	Description
Pre-Team	Tues & Thurs: 5 pm – 8:30 pm	8 – 12+ years	GO Levels 1-5. Preparation for the Competitive Team. Seven hours per week
Interclub Team	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
Provincial Team	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 1st, 2017 to June 30th, 2018 inclusively. Please note that without a medical certificate there can be no refunds after the first class has been attended.