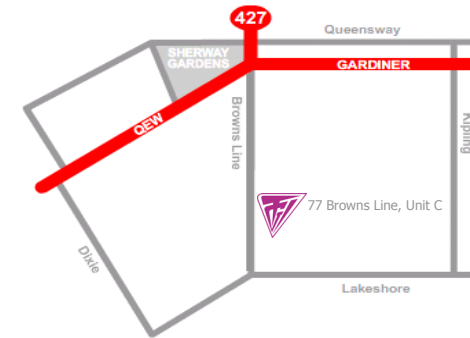
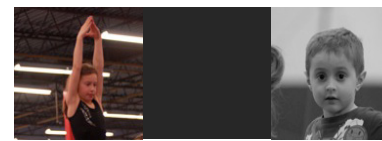
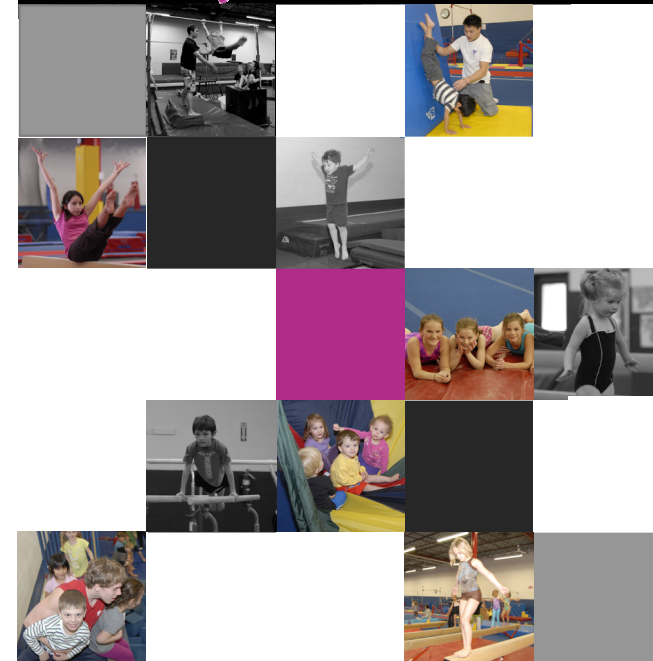




77 browns line, unit c
etobicoke, ontario
m8w 3s2
(416) 253-1443
admin@torontogymnastics.com

2011 - 2012 schedule



program information

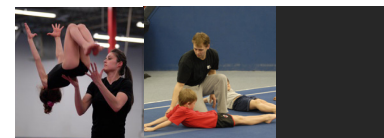
TGI is the 2011 recipient of the "Ed Brougham Club award" from Gymnastics Canada for exceptional services and outstanding contribution to the sport of gymnastics! Toronto Gymnastics International (TGI) has been offering quality gymnastic programs to children and adults for over 30 years.

We are a member of Gymnastics Ontario with athletes that compete at both the provincial and national levels. We are especially proud of a very strong recreational program for both boys and girls.

We have over 25,000 square feet of gym space. Our clean and well maintained facility is fully equipped with the latest gymnastic apparatus and mats. The gym area is fully carpeted and there is an extensive glassed viewing area with bleachers for parents.

All TGI coaches are certified NCCP levels 1 - 3 and have an excellent rapport with children. Our gymnastic programs have been designed to provide safe and effective learning in a supportive environment. Each member of our coaching staff is committed to helping each gymnast reach their full potential by providing only positive feedback and only constructive criticism. We realize that gymnastics is only one aspect of healthy childhood development and we support our athletes in pursuing a variety of extra-curricular endeavours.

Gymnastics develops strength, flexibility, balance and coordination. More than that it encourages concentration, motivation and promotes self confidence.



12 week session

Fall Session: Starting September 10th - ending week of November 26th
Winter Session: Starting December 5th - December 23rd
 Re-starting January 7th - March 11th
Winter Camp: December 27th - 30th, January 3rd - 6th
March Break Camp: March 12th - 16th
Spring Session: Starting March 19th - June 18th
Gymfest: June 15th - 16th
Summer Camp: July 9th - August 31st

| Program | Reg. Fee | Class/ Wk | Hrs/ Class | Cost/ Session | Cost/ Year |
|---------------------------|----------|-----------|------------|---------------|------------|
| Parent & Tot | \$35 | 1 | 1 | \$195 | \$555 |
| Kindergym | \$35 | 1 | 1 | \$195 | \$555 |
| | \$35 | 2 | 1 | \$355 | \$1,015 |
| Advanced Kindergym | \$35 | 1 | 1.5 | \$250 | \$710 |
| | \$35 | 2 | 1.5 | \$425 | \$1,375 |
| Girls & Boys Recreational | \$35 | 1 | 1.5 | \$250 | \$710 |
| | \$35 | 2 | 1.5 | \$475 | \$1,375 |
| Teen/Adult | \$35 | 1 | 1.5 | \$250 | \$710 |
| | \$35 | 2 | 1.5 | \$475 | \$1,375 |
| Advanced Recreational | \$65 | 2 | 2 | \$500 | \$1,440 |
| Advanced Teen | \$75 | 2 | 3 | \$700 | \$2,020 |
| Tramp & Tumbling | \$35 | 1 | 2 | \$305 | \$875 |
| CIT | \$35 | 1 | 1.5 | \$150 | |

Session cost = 12 weeks, Yearly cost = 3 sessions
 Yearly rate must be paid in full before September 30, 2011

important information

Registration not accompanied by payment will not be honoured. Payment in full is due in advance. Debit or credit card payments accepted as well as cheque or cash. Online registration via credit card.

Please make cheques payable to TGI. Cheques returned NSF or for any reason will be charged an additional \$25 administration fee.

Should any classes be cancelled during a session by TGI make up classes will be held at the end of the session. Should any classes be missed by registered participants FOR ANY REASON, make up classes will NOT be possible.

Refunds are available upon reasonable request for medical/relocation or non-participation. TGI must be notified in writing with copy of medical if applicable. Refunds will then be processed from the notification date less a \$25 administration charge. No refunds will be issued after the third week of classes for non participation.

Toronto Gymnastics International Inc.

Registration Form 2011/2012

Gymnast
 Last Name _____ Given Name _____ M/F _____ Birthday (D/M/Y) _____
 Street Address _____ City _____ Postal Code _____ Phone Number _____

Contact Person
 Last Name _____ Given Name _____ Phone _____ Email _____

Medical Info.
 Allergies _____ Medications _____ Doctor _____ Phone Number _____

Registration
 Program _____ Previous Level Completed _____ Day _____ Time _____

Notice of warning to participant - There is a potential risk of injury when training or participating in any sport. Both
 Gymnastics Ontario and the club have tried to create a safe and controlled environment for participation. Rules have been
 established for participation and conduct in and around the gymnastics area that must be followed.
 Parent/Guardian Signature _____ Date _____ Total Amount _____

Program Cost _____ Reg. Fee _____

Program Cost _____ Reg. Fee _____ Total Amount _____



parent & tot

ages: 18 months to 3 years, boys & girls

Our Parent and Tot class introduces the younger child to gymnastics in the company of their parent or caregiver. Direction is provided by a certified coach. Children enjoy activity that promotes body awareness, coordination, self-confidence and achievement. Specific equipment circuits are set up to encourage youngsters to walk, run, jump, roll and balance in a safe environment.

kindergym

ages: 3 to 5 years, boys & girls

Introduces youngsters to the gymnastics environment under the supervision of a certified coach. This program will consist of basic movement patterns to develop coordination, balance, strength, independence, and self confidence. Youngsters will learn basic gymnastic skills on all gymnastic apparatus.

advanced kindergym

age: 5 years, boys & girls

This developmental program is for boys and girls who demonstrate an advanced skill. Youngsters should be familiar and be able to perform gymnastic skills in Kindergarten levels 1 and 2 and recommended by a TGI coach for placement in this program.

recreational

ages: 6 to 8 years, 9 to 12 years, boys & girls

Children will learn basic to intermediate gymnastic skills and movements on all gymnastic apparatus. Girls and boys are in separate groups but all children participate on trampoline, tumble trak and mini trampoline.

advanced recreational

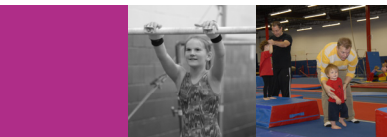
ages: 6 to 9 years, 9 to 12 years, boys & girls

Program for gymnasts who demonstrate an advanced level of skill. Boys and girls are in separate groups and will practice on all gymnastic apparatus as well as develop their level of conditioning including strength and flexibility. Testing & coach recommendation required.



RECREATIONAL PROGRAM SCHEDULE 2011-2012

| PROGRAM | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|---|---|---|---|---|
| PARENT & TOT 18 mths - 3 yrs | 10:00 - 11:00 | 10:00 - 11:00 | 10:00 - 11:00 | 10:00 - 11:00 | 10:00 - 11:00 | 9:00 - 10:00 10:00 - 11:00 11:00 - 12:00 | 12:00 - 1:00 |
| KINDERGYM 3 - 5 yrs | 10:00 - 11:00 1:00 - 2:00 2:00 - 3:00 4:30 - 5:30 5:30 - 6:30 | 10:00 - 11:00 1:00 - 2:00 2:00 - 3:00 | 10:00 - 11:00 1:00 - 2:00 2:00 - 3:00 4:30 - 5:30 5:30 - 6:30 | 10:00 - 11:00 1:00 - 2:00 2:00 - 3:00 | 10:00 - 11:00 1:00 - 2:00 2:00 - 3:00 4:30 - 5:30 5:30 - 6:30 | 9:00 - 10:00 10:00 - 11:00 11:00 - 12:00 1:00 - 2:00 2:00 - 3:00 3:00 - 4:00 | 12:00 - 1:00 1:00 - 2:00 2:00 - 3:00 3:30 - 4:30 |
| ADVANCED KINDERGYM 5 yrs | 1:00 - 2:30 4:30 - 6:00 | 4:30 - 6:00 | 10:00 - 11:30 1:00 - 2:30 4:30 - 6:00 | 10:00 - 11:30 1:00 - 2:30 | 10:00 - 11:30 4:30 - 6:00 5:30 - 7:00 | 11:00 - 12:30 2:30 - 4:00 | 12:30 - 2:00 2:00 - 3:30 |
| RECREATIONAL BOYS 6 - 9 yrs | 4:30 - 6:00 6:00 - 7:30 | | 4:30 - 6:00 6:00 - 7:30 | | 4:30 - 6:00 6:00 - 7:30 | 11:00 - 12:30 1:00 - 2:30 | 2:00 - 3:30 3:30 - 5:00 |
| RECREATIONAL BOYS 9 - 12 yrs | 6:00 - 7:30 | | 6:00 - 7:30 | | 6:00 - 7:30 | 1:00 - 2:30 | |
| RECREATIONAL GIRLS 6 - 9 yrs | 4:30 - 6:00 6:00 - 7:30 | | 4:30 - 6:00 6:00 - 7:30 | 4:30 - 6:00 | 4:30 - 6:00 6:00 - 7:30 | 11:00 - 12:30 1:00 - 2:30 2:30 - 4:00 | 12:30 - 2:00 2:00 - 3:30 3:30 - 5:00 |
| RECREATIONAL GIRLS 9 - 12 yrs | 6:00 - 7:30 7:30 - 9:00 | | 6:00 - 7:30 7:30 - 9:00 | | 6:00 - 7:30 7:30 - 9:00 | 1:00 - 2:30 2:30 - 4:00 | |
| ADVANCED BOYS 6 - 9 yrs | | | 4:15 - 6:15 | | 4:15 - 6:15 | | |
| ADVANCED BOYS 10 + yrs | | | 6:15 - 8:15 | | 6:15 - 8:15 | | |
| ADVANCED GIRLS 6 - 9 yrs | | 4:15 - 6:15 | 4:15 - 6:15 | 4:15 - 6:15 | 4:15 - 6:15 | | |
| ADVANCED GIRLS 10 + yrs | | 6:15 - 8:15 | 6:15 - 8:15 | 6:15 - 8:15 | 6:15 - 8:15 | | |
| TRAMP & TUMBLING 6 + yrs | | 4:15 - 6:15 | | | | | |
| RECREATIONAL TEEN & ADULT | 7:30 - 9:00 | | 7:30 - 9:00 | | | | |
| ADVANCED TEEN 14 + yrs | | | 6:15 - 9:15 | | | 5:00 - 8:00 | |
| CIT PROGRAM 13 + yrs | | | | | | 2:00 - 3:30 | |
| BIRTHDAY PARTIES | | | | | | 4:00 - 6:00 | 11:00 - 1:00 1:30 - 3:30 4:00 - 6:00 |



teen & adult gymnastics

ages: 13 years + , men & women

Program where teens and adults can participate in a gymnastics program and train on events which interest them. Conditioning program will be developed specific to the needs of participants.

advanced teen

ages: 13 years + , men & women

Program designed specifically for Interclub gymnasts who no longer wish to compete but maintain their level of conditioning and skill. Gymnasts must have achieved a certain level of skill for this program. Testing and coach recommendation required.

tramp & tumbling

ages: 6 to 8 years, 9 to 12 years, boys & girls

This program will focus on the development of tumbling and aerial skills. Previous experience in gymnastics is recommended but not mandatory. Participants will work with their coach on various sprung floors, the tumble track and trampoline.

coach in training

ages: 13 years + , boys & girls

The CIT class is designed for teens who want to participate in gymnastics training and learn the fundamentals of coaching, while earning community service hours required for graduation from high school. Our 8 week program prepares participants to become an assistant coach at TGI, and enables them to register for the National Coaching Certification Program as a Pre-CIT once they turn 15 years old.

PLEASE NOTE:

Minimum of 5 gymnasts, maximum of 8 gymnasts per class

All advanced programs require testing before placement

