

Scheduling information

FALL 2024

Preschool and Recreational

www.gymslic.com

FEES:

*Additional fees :

- Affiliation fees are mandatory 16\$ (3 years old and less) and of 40\$ (4 years old and up) to the Federation of gymnastic of Quebec. (Valid from Sept. 1st, 2024 to August 31st, 2025).
- Administration fees of 10\$

MANDATORY UNIFORM :

- Dress code always required for sale on our premises. See general regulations on our website.

SCHEDULE: ** The level is posted in your personal file on Amilia's website

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--------|------------------------------------|-----------|-----------------|------------|---|--|
| GYM – Recreational groups – Girls | | | | | | | |
| Ages 6 to 8 LEVEL 1-2 1,5 hours/week | | 5:30 to 7:00 pm | | 7:00 to 8:30 pm | | 3:00 to 4:30 pm 4:30 to 6:00 pm | 12:30 to 2:00 pm 2:00 to 3:30 pm 3:45 to 5:15 pm |
| Ages 8 and + LEVEL 1-2 1,5 hours/week | | 7:00 to 8:30 pm | | 7:00 to 8:30 pm | | 3:00 to 4:30 pm 3:15 to 4:45 pm 4:45 to 6:15 pm | 12:30 to 2:00 pm 2:00 to 3:30 pm 3:45 to 5:15 pm |
| Ages 6 to 8 LEVEL 2-3 1,5 hours/week | | | | 7:00 to 8:30 pm | | 3:15 to 4:45 pm 4:45 to 6:15 pm | 12:30 to 2:00 pm 2:00 to 3:30 pm |
| Ages 7 and + LEVEL 3-4-5-6 1,5 hours/week | | 5:30 to 7:00 pm 7:00 to 8:30 pm | | | | 3:00 to 4:30 pm | 3:45 to 5:15 pm |
| Ages 8 and + LEVEL 4-5-6 3 hours/week | | | | 7:00 to 8:30 pm | AND | 4:45 to 6:15 pm | |
| Ages 6 to 9 BOYS 1,5 hours/week | | | | | | 3:15 to 4:45 pm | |
| GYM – Preschool groups (mixt) | | | | | | | |
| YELLOW/ ORANGE/ RED SUN 4 to 5 years old 1 hour/ week | | | | | | | 10:00 to 10:55 am 11:00 to 11h55 am |
| PARENT-CHILD (mixt) – KARIBOU / Motor skills activities program | | | | | | * Accompanied by one parent | |
| BOUNCING BUNNIES 16 to 20 months 45 min. / week | | | | | | | 9:00 to 9:45am |
| RASCALLY RACOONS 20 to 24 months 45 min. / week | | | | | | | 10:00 to 10:45am |
| BUDDY BEARS 2 to 2 ½ years 45 min. / week | | | | | | | 11:00 to 11:45am |
| FUN GYM – PARENT/CHILD 2 ¼ to 3 years old min./ sem. 45 | | | | | | | 9:00 to 9:45am |
| CHEERLEADING – Recreational 6 to 9 years old | | | | | | | |
| Cheerleading – 6-9 years old 2 hour/ week | | | | | | | 2:30 to 4:30 pm |