



Pickering Athletic Centre

You'll flip over us!

☆ Gymnastics ☆ Power Tumbling ☆ Trampoline

Summer Evening Classes

Program	Day	Time
Parent and Tot	Monday	9:30-10:15am
Tumble Bugs	Monday	10:15-11:00am
Junior Gym	Monday	11:00-12:00 noon
Tumble Bugs	Tuesday	5:00-5:45pm
Junior Gym	Tuesday	5:45-6:45pm
Recreational 1	Tuesday	5:00-6:30pm
Recreational 2	Tuesday	6:30-8:00pm
Power Tumbling	Tuesday	7:00-8:30pm, 7-8pm
Trampoline 1	Tuesday	5:00-6:00pm
Trampoline 2	Tuesday	6:00-7:00pm
Parent and Tot	Wednesday	5:00-5:45pm
Tumble Bugs	Wednesday	5:45-6:30pm
Junior Gym	Wednesday	6:30-7:30pm
Recreational 1	Wednesday	6:30-8:00pm
Recreational 2	Wednesday	5:00-6:30pm
Recreational 3	Wednesday	6:30-8:00pm
Advanced Recreational 1, 2, 3	Wednesday	6:30-8:30pm
Trampoline 3	Wednesday	5:00-6:00pm
Trampoline 4	Wednesday	6:00-7:00pm
Junior Gym	Thursday	9:30-10:30am

Summer Classes Start July 6, 2009.

Registrations always accepted

Family Gym – Tired of watching your children in the viewing area? Why don't you join them? Spend quality time with your family learning (or relearning) the fun, fitness and fundamentals of gymnastics.

Monday 6:00-7:30, or Thursdays 6:30-8:00.

Family Trampoline – This program is perfect for families with trampolines in their yards. Learn the proper way to learn skills with a strong focus on safety.

Mondays 5:00-6:00, or Thursdays 6:00-7:00



Summer Camp

Week	Date	Full Day Fees	Half Day Fees
Week 1	June 29,30-July 2,3	\$150.00	\$85.00
Week 2	July 6-10	\$160.00	\$90.00
Week 3	July 13-17	\$160.00	\$90.00
Week 4	July 20-24	\$160.00	\$90.00
Week 5	July 27-31	\$160.00	\$90.00
Week 6	Aug 3-7	\$160.00	\$90.00
Week 7	Aug 10-14	\$160.00	\$90.00
Week 8	Aug 17-21	\$160.00	\$90.00
Week 9	Aug 24-28	\$160.00	\$90.00
Week 10	Aug 31-Sept 4	\$160.00	\$90.00



We also offer:

- Birthday Parties
- Field Trips
- March Break/ P.A. Day Camps
- Private Coaching
- Adult Fitness
- Competitive Classes by try-out only
- Team Dry Land Training