

HKIN Children's Fall 2021

Gymnastics Program

Fun Fitness and Fundamentals of Gymnastics



When and Where is the Program:

This Program runs for 8 Weeks Starting September 27th until November 29^h In the Auxiliary Gymnasium in the Amelia Suputo Center on the STFX campus. The Class is Mondays 3:15-4:15 PM. With drop off starting at 3 pm and pick up finishing at 4:30 pm.

Who is it For:

This program is for boys and girls with a minimal age of **4 years old up to 12 years old.**

What does it Cost:

This Program costs \$65 for the 8 week term. Payment is by cheque made out to STFX Human Kinetics or cash on the first day of class.

What to Expect:

Participants will take part in various types of gymnastic activities, games, relays, obstacle courses, etc. to develop their physical literacy. Please note, we will follow the recommendations of Gym Canada and Nova Scotia gymnastic protocols for back to training protocol.

Please note: There are no parents allowed in gym during class time. All pick up and drop offs are at the main door of the Saputo Center.

Masks:

Since face masks are mandatory on the StFX campus – participants will wear them on entry and exit of the building. Masks during class will depend on current health regulations.

Hand washing Protocols:

We will wash sanitizing hands on building entry and gym entry and exit.

Due to Public Health protocols, registration is limited to a maximum of 60 children

REGISTER NOW!

For More information contact Kelly Thompson at 902 867-3894 or email kthomps@stfx.ca

Follow the link to Register and fill in the required information. **Registration opens on Wednesday September 1 at 9:00 am.** The first 60 on list will be notified with a follow up letter. A short waiting list will also be maintained.

<https://forms.office.com/r/i4PQibJmZC>

