

## About Us

OAA offers unique fitness programs designed to develop one's physical, technical and psychological abilities through the expression of movement.



We are committed to providing our members with a safe, fun and progressive learning environment to reach each individual's full athletic potential.

## Contact Us

905-999-2479

info@oaagym.ca

oaagym.ca

1420 Bayly Street, Unit 17  
Pickering, Ontario

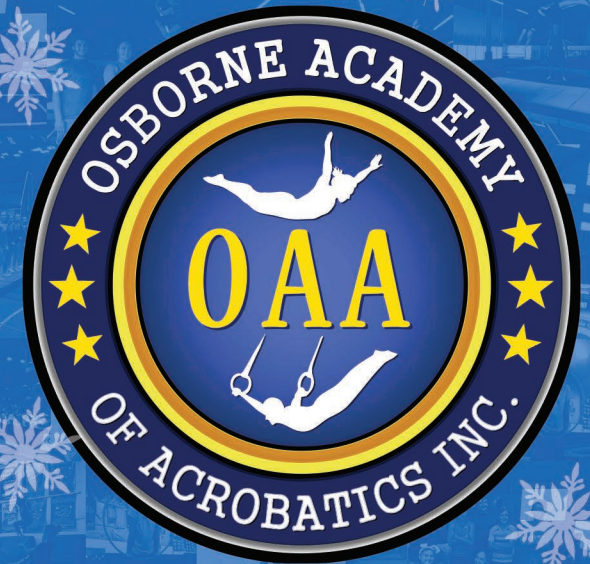
**Come Join The Fun!**



Proud Member Of:



## 2018 Winter Session Class Schedule



A Lifetime of Activity  
Through the Expression  
of Movement

## CLASS SCHEDULE (Jan 8 – Mar 25, 2018)

## What does a typical class include?

## What do we wear?

### Trampoline Gymnastics

**Junior (6 – 8)** \$150.00+HST  
Tuesday 5:00 pm – 6:00 pm

**Youth (9 – 12)** \$193.50+HST  
Sunday 12:00 pm – 1:30 pm  
Tuesday 6:00 pm - 7:30 pm  
Saturday 10:00 am - 11:30 am  
Saturday 2:00 pm - 3:30 pm

**Teen (13 – 17)** \$222.00+HST  
Saturday 11:30 am – 1:30 pm

**Adult (18+)** \$222.00+HST  
Tuesday 7:30 pm – 9:30 pm

### Aerials

**Youth/Teen (9 – 17)** \$193.50+HST  
Sunday 1:30 pm – 3:00 pm  
Monday 4:30 pm - 6:00 pm  
Thursday 5:30 pm - 7:00 pm

**Adult (18+)** \$193.50+HST  
Monday 6:00 pm – 7:30 pm  
Sunday 3:00 pm - 4:30 pm

**Annual Registration  
Fee of \$28.32+HST is  
NOT included.**

Registration is valid from  
July 1st, 2017 to June 30th 2018

All classes begin with a quick warm-up and active stretch, but the body of the program depends on the specific class.

Junior classes will rotate through circuits with great variety between training sessions, incorporating a lot of training aids to build a strong gymnastics foundation. Youth and Teen programs will rotate through objectives on the trampoline, double-mini trampoline, and tumble track, with athletes working toward achieving measurable objectives in a customized level-system. Adult programs are similar to the Youth and Teen classes, but with more emphasis on trampoline.

Aerial classes focus specifically on progressing through maneuvers and combinations with aerial silks, silk hammocks, static trapeze, lyra (hoop), and straps. All classes close with a cool-down which consists of five to ten minutes of physical conditioning followed by passive flexibility.

Comfortable athletic clothing such as T-shirts & shorts or leotards are suggested.

No jeans, belts, clothing with buttons, buckles, or zippers should be worn as they may damage the trampolines and/or cause injury to the participant.

All jewellery must be removed and long hair must be tied back prior to class.

Do not bring food or gum into the gym. Reusable water bottles are permitted.

Valuable items should not be brought into the gym. OAA will not be responsible for lost or stolen items.