



COMMUNITY- CLASSROOM FIELD TRIPS



FitForLife
GROUP



601 Magnetic Dr.
(Dufferin and Steeles)

Steeles West Gymnastics invites you to bring your community classroom on a fun-filled field trip to our facility! Our gym provides a safe and physically active and stimulating environment full of exciting equipment to explore.

Your group will enjoy:

- 45 minutes of activity in the gym
- 15 minutes for snack in the snack room (snacks provided by you)
- Warm up and games coordinated with music
- 1:5 ratio within each group
- Trained, certified, and experienced coaches
- Groups headed by a coach, rotate around the gym to each apparatus, including trampoline, bars, beam, floor circuit, rings and vault
- A parachute activity concluding the gymnastics experience

Pricing varies based on number of weeks attending the program and total number of children attending.

Starting at \$10.00/child/week

(based on an 8 class session for 10 children total)

To book your field trip or for more information,
please call or e-mail:

416-277-1626

ruthy@fitforlifegroup.com

TESTIMONIAL

Dear Ruthy and Team,

We would like to thank you and your team for hosting our community classroom for the 6th year at Steeles West Gymnastics. Our students look forward to attending their gymnastics session each week. Your program provides our students with an opportunity to take safe risks in a positive and nurturing space. They are given an opportunity to further develop and explore various gross motor skills at the different apparatus within your facility. The program also supports social skills as they wait their turn and work in small and large groups. It also supports language skill development as they listen to instructions and repeat new terminology.

Anonymous Testimonial

Community Classroom



FAQs:



How would Steeles West Gymnastics benefit your centre and children?

All kids benefit greatly from daily physical activity. Our gym provides a new and exciting place for children to explore that promotes them being active in a fun and safe space.

What is the minimum age the kids have to be to participate?

4 years old.

Is gymnastics only for kids/youth who are very active and who demonstrate the strength and coordination for the sport?

Gymnastics is such a great sport to help develop any child's gross motor skills. The different apparatus help develop such aspects of fitness like strength, coordination, balance, power and agility no matter what level they begin at. Additionally, the sport encourages everyone to listen to feedback, take turns and follow instruction.

Is gymnastics safe for our children to participate in?

Most children and youth will naturally explore their surroundings by climbing, swinging, jumping, and naturally move about in their surroundings. By bringing your students to our gym, they will learn how to safely do all of the above and more. Steeles West Gymnastics instructors all have NCCP artistic gymnastics and trampoline certification and all have experience working with children with special needs. With the proper instruction, equipment, and safety mats, we provide an excellent and engaging learning environment for everyone.

For any additional questions regarding the programs please contact:

Ruthy Dunec

President & Program Director

Fit for Life Group

416-277-1626

ruthy@fitforlifegroup.com