



Fall 2017

All times indicated are class start times.

		Sept 11 - Nov 13 Monday 10 weeks	Sept 5 - Nov 14 Tuesday 11 weeks	Sept 6 - Nov 15 Wednesday 11 weeks	Sept 7 - Nov 16 Thursday 11 weeks	Sept 8 - Nov 17 Friday 11 weeks	Sept 9 - Nov 18 Saturday 11 weeks	Sept 10 - Nov 19 Sunday 11 weeks
Active Start Program: 18 months - 5 years								
Parent & Tot 18 - 36 mths	1 hour - \$185	5:15		5:15 6:45			9:00 10:15	
Kindergym 3 years (3-4.5 yrs)	1 hour - \$185	5:15 6:45	9:30 1:00 5:15 6:45	5:15 6:45	5:15 6:45		9:00 10:15 11:30 1:00	
Kindergym 4 years (4-5.5 yrs)	1 hour - \$185	5:15 6:45	1:00 5:15 6:45	5:15 6:45	5:15 6:45		9:00 10:15 11:30 1:00	
Kindergym 5 years (5-6 years)	1.25 hours - \$200	9:30 6:30	5:15 6:45		4:45 6:30	1:00	11:30	

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CanGym Program: 6 years & up		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Girls CanGym Beginner 6+ (Burgundy, Red, Tan Badges)	1.5 hours - \$250	5:00 6:45	5:00 6:45	5:00 6:45	5:00 6:45	5:00 6:45	9:15 11:00 1:00 2:45	
Girls CanGym Beginner 9+ (Burgundy, Red, Tan Badges)	1.5 hours - \$250	6:45	5:00 6:45	5:00	6:45		9:15	
Girls CanGym Intermediate (Bronze, Purple, Blue Badges)	1.5 hours - \$250	6:45	5:00 6:45	5:00 6:45	5:00 6:45	5:00	9:15 11:00 1:00 2:45	
Girls CanGym Advanced (Turq & up)	1.5 hours - \$250	5:00 6:45	5:00 6:45	5:00			1:00 2:45	
Girls CanGym Advanced (Turq & up)	3 hours - \$425				5:00			
Boys CanGym Beginner (Burg, Red, Tan)	1.5 hours - \$250	5:00	5:00	6:45			11:00 2:45	
Boys CanGym Int/Adv (Bronze & up)	1.5 hours - \$250	6:45		6:45			9:15	
Tramp & Tumbling (Step 1-3)	1.5 hours - \$250						11:00	
Tramp & Tumbling (Step 4-6)	1.5 hours - \$250			6:45				

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Xcel Program: 5 years & up		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Xcel Team 8+ (10 month program)	9 hours - \$300/mth			5:00		5:00		1:30
	6 hours - \$200/mth			5:00				1:30
	6 hours - \$200/mth					5:00		1:30
Junior Xcel Team 5-7 yrs. (10 month program)	4 hours - \$175/mth	4:30					2:45	
NEW** Xcel Introductory Classes - Beginner	1.5 hours - \$250		6:45					
Intermediate	1.5 hours - \$250				6:45			
Advanced	1.5 hours - \$250				5:00			
Specialty Programs		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HomeSchool Gymnastics (ages 6+)	1.5 hours - \$250			10:30				
Special Needs (ages 6+)	1.5 hours - \$250			5:00				
Acro for Dancers (ages 6+)	1.5 hours - \$250							1:00
YOGA								
Yoga for Mini's (age 3-5)	45 min \$165						9:30	
Yoga for Littles (age 6-8)	1 hour - \$185						10:15	
Yoga for Tweens (age 9-13)	1 hour - \$185				5:30			
Family Yoga (age 3-9 with parent)	1 hour - \$210 (\$105each)						11:30	
NEW** Structured Adult Gym Fit (18+)	1.5 hours - \$250			8:30				
NEW** Preschool Drop-in \$5/child	2 hours					10:30		
Family Drop-In \$5/child \$10/adult	1.5 - 2 hours			1:00		2:30		
Adult Drop-In \$10/visit								

*Drop in is unstructured. All participants under 18 years require direct adult supervision

Important Dates to Remember: <i>No Classes September 4th - Labour Day</i>	Registration Begins:	May 29th: Pre-registration online for current athletes
		June 5th: Public registration online for new athletes
		June 12th: Walk-in registration (cash, cheque, debit only)

** A one time annual \$2 insurance fee will be added to all drop in prices

* \$42 AGF annual registration fee will be added to all prices

* Schedule subject to change * Refunds only issued for medical reasons with doctor's note.