

# Chimo Gymnastics Winter 2025 Session Class Schedule

January 6th - March 29th

Program	Monday (11 Weeks) <small>No classes February 17th</small>	Tuesday (12 weeks)	Wednesday (12 weeks)	Thursday (12 weeks)	Friday (12 weeks)	Saturday (12 weeks)
<b>Parent &amp; Tot</b> <small>* kids 1-3 yrs old, with adult participation required</small>	9:00-9:45am \$125	9:00-9:45am \$135		9:00-9:45am \$135	9:00-9:45am \$135	9:00-9:45am \$135
	10:00-10:45am \$125	10:00-10:45am \$135		10:00-10:45am \$135	10:00-10:45am \$135	10:00-10:45am \$135
		11:00-11:45 am \$135				
<b>Transitional Preschool</b> <small>kids 2-3 yrs old, parent participation required, transitioning to a Independent class</small>			1:15-2:15 pm \$175	<small>this class is designed for kids who are beyond the Parent &amp; Tot class, but too young for the Independent class, or kids who aren't quite ready to be on their own, this transitional plan will allow parent participation at the start, working towards no parent participation near the end of the session.</small>		
<b>Preschool 3 - 5 yrs</b> <small>*independent participation, kids must be able to listen to coaches and participate without adult assistance</small>	9:00-10:00am \$160	9:00-10:00am \$175	1:00-2:00pm \$175	9:00-10:00am \$175	9:00-10:00am \$175	9:00-10:00am \$175
	10:15-11:15am \$160	10:15-11:15am \$175		10:15-11:15am \$175	10:15-11:15am \$175	10:15-11:15am \$175
	11:30am-12:30pm \$160	11:30am-12:30pm \$175		11:30am-12:30pm \$175	11:30am-12:30pm \$175	1:15-2:15pm \$175
<b>Pre School 4-5 yrs</b>						2:30-3:30pm \$175
	3:30-4:30pm \$160	4:00-5:00pm \$175	3:00-4:00pm \$175	3:00-4:00pm \$175	3:00-4:00pm \$175	
	4:00-5:00pm \$160		3:15-4:15pm \$175	4:15-5:15pm \$175	3:30-4:30pm \$175	
<b>Co-ed Recreational 6-8 yrs</b> (60 min and 90 min classes)	4:30-5:30pm \$160		4:15-5:15pm \$175	4:45-5:45pm \$175		
	3:00-4:30pm \$240	3:00-4:00pm \$175	3:30-5:00pm \$260	3:15-4:45pm \$260	3:15-4:45pm \$260	9:00-10:30am \$260
	5:00-6:30pm \$240	3:30-4:30pm \$175	5:00-6:30pm \$260	5:00-6:30pm \$260	5:30-7:00pm \$260	11:00am-12:30pm \$260
	5:45-7:15pm \$240	4:15-5:15pm \$175		5:30-7:00pm \$260	6:00-7:00pm \$175	11:30am-1:00pm \$260
	6:45-8:15pm \$240	5:30-6:30pm \$175		6:00-7:30pm \$260		12:45-2:15pm \$260
		6:00-7:00pm \$175				2:30-4:00pm \$260
		6:30-7:30pm \$175				
		6:30-8:00pm \$260				
<b>Recreational Boys Only 7-10 yrs</b>			3:00-4:30pm \$260			
<b>Co-ed Recreational 9-12 yrs</b> (60 min and 90 min classes)	4:30-6:00pm \$240	5:30-7:00pm \$260	5:30-7:00pm \$260	3:00-4:30pm \$260	4:45-6:15pm \$260	11:00am-12:30pm \$260
	6:15-7:45pm \$240	5:15-6:15pm \$175	6:45-8:15pm \$260	7:00-8:00pm \$260	6:00-7:00pm \$175	
	7:30-8:30pm \$160	7:00-8:30pm \$260	7:00-8:30pm \$260			
		7:30-8:30pm \$175				
<b>Advanced Recreational 5-6 yrs</b>				3:30-5:30pm \$315		
<small>This program is geared towards participants that have had gymnastics experience before (has been in at least 2 sessions at Chimo). Coaches evaluate athlete suitability for classes on an ongoing basis. If coaches feel there are options better suited to your child's gymnastics development they will be withdrawn. Skills that they should have: Handstand on Floor, Cartwheel on Floor, Bridge Kickerover, 5 hand pulls up the rope, 3 chin ups, lift toes to the bar, beat swings on bars, Left/Right/Middle splits (halfway down). Must be able to follow detailed instructions on technique and progressions. Ability to focus is required. If you are unsure if you child meets these requirements, talk to their current coach.</small>						
<b>Advanced Recreational 6-9 yrs</b>					4:00-6:00pm \$315	
<small>This program is geared towards participants that have had gymnastics experience before (has been in at least 2 sessions at Chimo). Coaches evaluate athlete suitability for classes on an ongoing basis. If coaches feel there are options better suited to your child's gymnastics development they will be withdrawn. Skills that they should have: Handstand on Floor, Cartwheel on Floor, Bridge Kickerover, be able to climb half way up the Rope, 3 chin ups, chin up pullover on bars, beat swings on bars, handstand on low beam, Left/Right/Middle splits (halfway down). Must be able to follow detailed instructions on technique and progressions. Ability to focus is required. If you are unsure if you child meets these requirements, talk to their current coach.</small>						
<b>Advanced Recreational 9-12 yrs</b>			6:30-8:30pm \$315			9:00-11:00am \$315
<small>This program is geared towards participants that have had gymnastics experience before (has been in at least 2 sessions at Chimo). Coaches evaluate athlete suitability for classes on an ongoing basis. If coaches feel there are options better suited to your child's gymnastics development they will be withdrawn. Skills that they should have: Handstand on Floor, Cartwheel on Floor, Bridge Kickerover, Handstand to bridge, working on roundoff, be able to climb half way up the Rope, 5 chin ups, chin up pullover on bars, beat swings on bars, handstand on low beam, Left/Right/Middle splits (halfway down). Must be able to follow detailed instructions on technique and progressions and not be afraid. Ability to focus is required. If you are unsure if you child meets these requirements, talk to their current coach.</small>						
<b>Advanced Recreational 13-16 yrs</b>			6:30-8:30pm \$315			
<small>This program is geared towards participants that have had gymnastics experience before (has been in at least 2 sessions at Chimo). Coaches evaluate athlete suitability for classes on an ongoing basis. If coaches feel there are options better suited to your child's gymnastics development they will be withdrawn. Skills that they should have: Handstand on Floor, Cartwheel on Floor, Bridge Kickerover, Handstand to bridge, roundoff, be able to climb half way up the Rope, 6 chin ups, jump from low to high bar with a long hang swing, beat swings on bars, handstand on medium beam, cartwheel on low beam, Left/Right/Middle splits (halfway down). Must be able to follow detailed instructions on technique and progressions and not be afraid. Ability to focus is required. If you are unsure if you child meets these requirements, talk to their current coach.</small>						
<b>Co-ed Recreational 13-16 yrs</b>	7:00-8:30pm \$240					
<b>Adult Gymnastics</b>			11:30am-1:00pm \$260	7:30-8:30pm \$175		
<b>Home School Gymnastics 5-8 yrs &amp; 9-13 yrs</b>			11:30am-1:00pm \$260			
<b>Parkour 6-8 yrs</b>	3:00-4:00pm \$160	4:45-5:45pm \$175	5:30-6:30pm \$175			
	6:00-7:00pm \$160					
<b>Parkour 9-12 yrs</b>	4:15-5:45pm \$240				5:30-7:00pm \$260	
<b>Parkour 13-16 yrs</b>		7:00-8:30pm \$260				
<b>Trampoline &amp; Tumbling 6-9 yrs</b>				5:30-7:00pm \$260		
<b>Trampoline &amp; Tumbling 10-16 yrs</b>				7:00-8:30pm \$260		
<small>Please note: Classes must have a minimum of 3 kids enrolled to run. Coaches evaluate athlete suitability for classes on an ongoing basis. If coaches feel there are options better suited to your child's gymnastics development you will be contacted and asked to change classes. There is a mandatory Gymnastics BC insurance fee of \$44 for all participants. This fee is good from September 1st, 2024 until August 31, 2025.</small>						