



Chimo Gymnastics Spring 2024 Session Class Schedule



April 2nd - June 22nd

| Program | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|------------------------|-------------------------|------------------------|--------------------------|--------------------------|
| | (10 weeks) April 1, May 20 - no classes | (12 weeks) | (12 weeks) | (12 weeks) | (12 weeks) | (12 weeks) |
| Parent & Tot <small>* Kids 1-3 yrs old, with adult participation required</small> | 9:00-9:45am \$115 | 9:00-9:45am \$135 | | 9:00-9:45am \$135 | 9:00-9:45am \$135 | 9:00-9:45am \$135 |
| | 10:00-10:45am \$115 | 10:00-10:45am \$135 | | 10:00-10:45am \$135 | 10:00-10:45am \$135 | 10:00-10:45am \$135 |
| Preschool 3-5 yrs <small>*Independent participation, kids must be able to listen to coaches and participate without adult assistance</small> | 9:00-10:00am \$145 | 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 |
| | 10:00-11:00am \$145 | 10:00-11:00am \$175 | | 10:00-11:00am \$175 | 10:00-11:00am \$175 | 10:00-11:00am \$175 |
| | | | | | 11:00am-12:00pm \$175 | 11:00am-12:00pm \$175 |
| | | | | | | 12:00-1:00pm \$175 |
| | | | | | | 1:00-2:00pm \$175 |
| | | | | | | 2:30-3:30pm \$175 |
| Advanced Pre School 4-5 yrs <small>This program is geared towards children that have had gymnastics experience before (has been in at least 1 weekly class during Fall 2023 or Winter 2024 session at Chimo). In this class we will work on more advanced gymnastics skills. It will focus more on physical development (strength, flexibility, and agility) while improving and fine tuning the technique of basic gymnastics skills and progressions. 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. To register for the advanced pre school class, participants should be able to do the following:</small> | | | 11:30am-1:30pm \$315 | | | |
| | Vault: Squat on, Donkey kicks, mini handstand Bars: Chin-up hold, Pullover (slightly spotted for pre-school), Glide swing Beam: Walks (frw, side, back) Floor: Mini handstand and for preschool, Bridge, Cartwheel | | | | | |
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| Pre School 4-5 yrs | 3:00-4:00pm \$145 | 3:00-4:00pm \$175 | 3:00-4:00pm \$175 | 3:00-4:00pm \$175 | | |
| | 4:30-5:30pm \$145 | 4:30-5:30pm \$175 | | 4:30-5:30pm \$175 | | |
| | | 5:15-6:15pm \$175 | | 5:15-6:15pm \$175 | | |
| Co-ed Recreational 6-8 yrs | 3:00-4:30pm \$215 | 3:00-4:30pm \$260 | 3:00-4:30pm \$260 | 3:15-4:45pm \$260 | 3:15-4:45pm \$260 | 11:00am-12:30pm \$260 |
| | 4:00-5:30pm \$215 | 5:30-7:00pm \$260 | 4:00-5:30pm \$260 | 5:00-6:30pm \$260 | 5:00-6:30pm \$260 | 12:00-1:30pm \$260 |
| | 5:30-7:00pm \$215 | | | 5:30-7:00pm \$260 | | 1:00-2:30pm \$260 |
| | | | | | | 1:30-3:00pm \$260 |
| | | | | | | 2:00-3:30pm \$260 |
| Recreational Boys Only 7-10 yrs | | | 4:00-5:30pm \$260 | | | |
| Co-ed Recreational 9-12 yrs | 4:30-6:00pm \$215 | 4:00-5:30pm \$260 | 4:30-6:00pm \$260 | 3:00-4:30pm \$260 | 3:15-4:45pm \$260 | 12:15-1:45pm \$260 |
| | 7:00-8:30pm \$215 | 7:00-8:30pm \$260 | 6:00-7:30pm \$260 | 4:00-5:30pm \$260 | | 2:00-3:30pm \$260 |
| | | | | 7:00-8:30pm \$260 | | |
| Advanced Recreational 6-9 yrs <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 kickover, be able to climb half way up the Rope, 3 chin ups, 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> | | | | | 4:30-6:30pm \$315 | 10:00am-12:00pm \$315 |
| | | 6:15-8:15pm \$315 | | 6:30-8:30pm \$315 | | |
| Advanced Recreational 9-12 yrs <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 kickover, be able to climb half way up the Rope, 3 chin ups, 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> | | | | | | |
| | | | 5:30-7:30pm \$315 | | | |
| Advanced Recreational 13-16 yrs <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 kickover, be able to climb half way up the Rope, 3 chin ups, 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> | | | | | | |
| | 6:45-8:15pm \$215 | | | | | |
| Adult Gymnastics | | | 7:30-8:30pm \$175 | | | |
| Home School 6-12 yrs | | | 11:30am-1:00pm \$260 | | | |
| Home School Parkour 6-10yrs | | | 11:30am-1:00pm \$260 | | | |
| Parkour 6-8 yrs | 6:30-7:30pm \$145 | 3:00-4:00pm \$175 | 3:00-4:00pm \$175 | | 3:15-4:15pm \$175 | |
| Parkour 8-11 yrs | | | | | 5:00-6:30pm \$260 | |
| Parkour 9-12 yrs | 5:30-6:30pm \$145 | 4:15-5:15pm \$175 | 5:30-7:00pm \$260 | | | |
| | 7:30-8:30pm \$145 | | | | | |
| Parkour 13-16 yrs | | | 7:00-8:30pm \$260 | | | |
| Trampoline & Tumbling 6-9 yrs | | | | 6:15-7:45pm \$260 | | |
| Trampoline & Tumbling 10-16 yrs | | 7:00-8:30pm \$260 | | | | |

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 and club membership fee of \$55 for all participants. This fee is good from September 1st, 2023 until August 31, 2024.