		nastics Spring		, , , , , , , , , , , , , , , , , , ,	e	
	Monday	March 31s Tuesday	t - June 21st Wednesday	Thursday	Friday	Saturday
Program	(10 weeks)				(11 weeks)	(11 weeks)
	No Classes - April 21st, May 19th	(12 weeks)	(12 weeks)	(12 weeks)	No Classes- April 18th	No Classes - April 19th
Parent & Tot	9:00-9:45am \$115	9:00-9:45am \$135		9:00-9:45am \$135	9:00-9:45am \$125	9:00-9:45am \$125
* kids 1-3 yrs old, with adult	10:00-10:45am	10:00-10:45am		10:00-10:45am	10:00-10:45am	10:00-10:45am
participation required	\$115	\$135		\$135	\$125	\$125
		11:00-11:45am \$135				
Transitional Preschool		\$135				yond the Parent & Tot
kids 2-3 yrs old, parent participation required,			1:15-2:15pm \$175	quite ready to be or	their own, this trans	lass, or kids who aren't itional plan will allow
transitioning to a Independent class			\$1/5		on at the start, workin tion near the end of th	
ctass	9:00-10:00am	9:00-10:00am	1:00-2:00pm	9:00-10:00am	9:00-10:00am	9:00-10:00am
Preschool 3 -5 yrs	\$145 10:15-11:15am	\$175 10:15-11:15am	\$175	\$175 10:15-11:15am	\$160 10:15-11:15am	\$160 10:15-11:15am
	\$145	\$175		\$175	\$160	\$160
*independent participation, kids must be able to listen to	11:30am-12:30pm \$145	11:30am-12:30pm \$175				1:15-2:15pm \$160
coaches and particpate	42.0	·				2:30-3:30pm
without adult assistance		3:00-4:00pm	3:00-4:00pm	3:00-4:00pm	3:00-4:00pm	\$160
Pre School 4-5 yrs	3:30-4:30pm \$145	\$175	\$175	\$175 4:15-5:15pm	\$160	
	4:00-5:00pm \$145	4:00-5:00pm \$175	3:15-4:15pm \$175	\$175		
	4:30-5:30pm \$145		4:15-5:15pm \$175	4:45-5:45pm \$175		
	3:00-4:30pm \$215	3:00-4:00pm	3:30-5:00pm	3:15-4:45pm	3:15-4:45pm	9:00-10:30am
	5:00-6:30pm	\$175 3:30-4:30pm	\$260 5:00-6:30pm	\$260 5:00-6:30pm	\$240 5:30-7:00pm	\$240 11:00am-12:30pm
Co-ed Recreational	\$215 5:45-7:15pm	\$175 4:15-5:15pm	\$260	\$260 5:30-7:00pm	\$240	\$240 11:30am-1:00pm
6-8 yrs	\$215	\$175		\$260		\$240
(60 min & 90 min classes)	6:45-8:15pm \$215	5:30-6:30pm \$175		6:00-7:30pm \$260		12:45-2:15pm \$240
		6:00-7:00pm				2:30-4:00pm
		\$175 6:30-7:30pm				\$240
Recreational Boys Only		\$175	3:00-4:30pm			
7-10 yrs	4:30-6:00pm	5:15-6:15nm	\$260 5:30-7:00pm	3:00-4:30pm	4:45-6:15pm	11:00am-12:30pm
Co-ed Recreational	\$215	\$175	\$260	\$260	\$240	\$240
9-12 yrs	6:15-7:45pm \$215	5:30-7:00pm \$260	6:45-8:15pm \$260	7:00-8:30pm \$260	6:00-7:00pm \$160	
(60 min & 90 min classes)		7:00-8:30pm				
Co-ed Recreational	7:00-8:30nm \$215	\$260				
Co-ed Recreational 13-16 yrs	7:00-8:30pm \$215	\$260		3:30-5:00pm		
	This program is geared Chimo). Coaches eval to your child's gymna Cartwheel on Flo Left/Right/Middle splii	d towards participants uate athlete suitability stics development the or, Bridge kickover, 5 I ts (halfway down). Mus	for classes on an or y will be withdrawn. aand pulls up the rop t be able to follow d	\$260 astics experience be agoing basis. If coac Skills that they shou e, 3 chin ups, lift too atailed instructions	hes feel there are o uld have: Handstan es to the bar, beat s on technique and p	ptions better suited d on Floor, learning wings on bars, progressions. Ability
13-16 yrs  Advanced Recreational 5-6 yrs (please note this is a 90 minute	This program is geared Chimo). Coaches eval to your child's gymna Cartwheel on Flo Left/Right/Middle splii	d towards participants uate athlete suitability stics development the or, Bridge kickover, 5 l	for classes on an or y will be withdrawn. aand pulls up the rop t be able to follow d	\$260 astics experience be agoing basis. If coac Skills that they shou e, 3 chin ups, lift too atailed instructions	hes feel there are o uld have: Handstan es to the bar, beat s on technique and p s, talk to their curre 4:00-6:00pm	ptions better suited d on Floor, learning wings on bars, progressions. Ability
13-16 yrs  Advanced Recreational 5-6 yrs (please note this is a 90 minute	This program is gearet Chimo). Coaches eval to your child's gymen Cartwheel on Flo Left/Right/Middle split to focus is re This program is gearet Chimo). Coaches eval to your child's gymnas on Floor, Bridge kicken handstand on low bea	I towards participants uate athlete suitability stics development the or, Bridge kickover, 51 ts (halfway down). Musquired. If you are unst uate athlete suitability tics development they were, be able to climb h	for classes on an ory the withdrawn. and pulls up the rop t be able to follow d are if you child meets that have had gymn for classes on an or will be withdrawn. S aff way up the Rope, plits (halfway down)	\$260 stics experience bit going basis. If coac skills that they shou e, 3 chin ups, lift too tatalled instructions these requirement stics experience be going basis. If coac skills that they shoul 3 chin ups, chin up which ups, chin up what be able to foll you child meets the	hes feel there are o uld have: Handstan so to the bar, beat s on technique and p s, talk to their curre 4:00-6:00pm \$290 efore (has been in a hes feel there are o d have: Handstand pullover on bars, b tow detailed instru	ptions better suited d on Floor, learning wings on bars, progressions. Ability ent coach.  It least 2 sessions at ptions better suited on Floor, Cartwheel eat swings on bars, ctions on technique
13-16 yrs  Advanced Recreational 5-6 yrs (please note this is 390 minute class)  Advanced Recreational	This program is gearet Chimo). Coaches eval to your child's gymen Cartwheel on Flo Left/Right/Middle split to focus is re This program is gearet Chimo). Coaches eval to your child's gymnas on Floor, Bridge kicken handstand on low bea	I towards participants uate athlete suitability sites development the or, Bridge kickover, 5 i stallway down, Muzuquired. If you are unsulate athlete suitability tics development they vere, be able to climb in Lett/Right/Middle sility to focus is required.	yoil be withdrawn. nand pulls up the rop t be able to follow d re if you child meet: that have had gymn for classes on an or will be withdrawn. gatt way up the opp, plits (haifway down) d. If you are unsure! 6:30-8:30pm	\$260 stics experience bit going basis. If coac skills that they shou e, 3 chin ups, lift too tatalled instructions these requirement stics experience be going basis. If coac skills that they shoul 3 chin ups, chin up which ups, chin up what be able to foll you child meets the	hes feel there are o uld have: Handstan so to the bar, beat s on technique and p s, talk to their curre 4:00-6:00pm \$290 efore (has been in a hes feel there are o d have: Handstand pullover on bars, b tow detailed instru	on Floor, Carthing t teast 2 sessions a billty int coach.  It least 2 sessions at pitions better suited on Floor, Cartwheel act swings on braid suits on technique talk to their current 9:00-11:00am
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13-16 ws  Advanced Recreational 5-6 yrs  please note this is a 90 minute class)  Advanced Recreational 6-9 yrs  Advanced Recreational 9-12	This program is geared Chimo). Coaches eval to your child's gymna Cartwheel on Flo Lert/Night/Middle spill of the Cartwheel on Flo Lert/Night/Middle spill of the Cartwheel on Flo Lert/Night/Middle spill of the Cartwheel on Floor, Bridge kicko your child's gymnas on Floor, Bridge kicko Handstand on low bea and progressions. Ab This program is geared Chimo). Coaches eval to your child's gymnas on Floor, Bridge kicko up puttover on bars, b follow detailed instruction of the Cartwheel Chimo). Coaches eval to your child's gymnas on Floor, Bridge kicko up puttover on Broo, Bridge kicko up nuttover on Broo, Bridge kicko high bar with light bar with Lert/Right/Middle pill	I towards participants uate athlete suitability itsics development, or a third participants uate athlete suitability itsics development they over, be able to climb it ower, b	rfor classes on an or will be withdrawn. and pulls up the rop to a beautiful to a beautiful the and to a beautiful the about the about to follow dare unsure if you children and the about to follow dare unsure if you children and the about to follow dare unsure if you children and the about to follow dare unsure if you children and the about to follow dare unsure if you children and the about to follow dare unsure if you children and the about to follow dare unsure if you children and the about to follow dare unsure if you children and the about to follow dare unsure if you children and the about to follow dare unsure if you children and the about to follow dare unsure if you children and the about to follow dare unsure if you children and the about to follow dare unsure if you children and the about to follow dare unsure if you children and the about to follow dare unsure if you children and the about to follow dare unsure if you children and the about to follow dare unsure if you children and the about to follow dare unsure if you children and the about the	s.260  stitls experience be going basis. If coac skills that they sho is the series of	has feet there are call day have the state of the than the state of the s	ptions better suited on Floor, Cartwheel task value at the suited on Floor, Cartwheel to Floor, Cartwheel the suited on Floor
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Advanced Recreational 5-6 yrs please note this is 90 minute class)  Advanced Recreational 6-9 yrs  Advanced Recreational 13-16 years  Advanced Recreational 13-16 years  Adult Gymnastics  Home School 6-8 yrs Home School 9-12 yrs	This program is geared Chimo). Coaches eval to your child's gymna Cartwheel on Flo Lert/Night/Middle spill of the Cartwheel on Flo Lert/Night/Middle spill of the Cartwheel on Flo Lert/Night/Middle spill of the Cartwheel on Floor, Bridge kicko your child's gymnas on Floor, Bridge kicko Handstand on low bea and progressions. Ab This program is geared Chimo). Coaches eval to your child's gymnas on Floor, Bridge kicko up puttover on bars, b follow detailed instruction of the Cartwheel Chimo). Coaches eval to your child's gymnas on Floor, Bridge kicko up puttover on Broo, Bridge kicko up nuttover on Broo, Bridge kicko high bar with light bar with Lert/Right/Middle pill	Itowards participants use a thick suitability stics development the or, Bridge lickover, 31 ks fadtway down). Mus quired. If you are unstability lics development they were, he able to climb in Lettrilight Middle server, he and stand to bridge and the server of the ment of the Middle server of	you like withdrawn.  and pulls up the rop  the able to follow d  re if you child meet  for classes on an or  will be withdrawn.  aff when the service of the service  for classes on an or  will be withdrawn.  aff way up the Rope,  for classes on an or  will be withdrawn.  \$315  that have had gymn.  for classes on an or  will be withdrawn.  \$250  that have had gymn.  for classes on an or  will be withdrawn.  \$250  730-830pm  \$250  730-830pm  \$250  11:30am-1:00pm  \$250  11:30am-1:00pm	\$260  stics experience be going basis. If coac skills that they show these requirement in the stick that they should a chin ups, chin up must be able to follow the stick that they should a chin ups, chin up should be sticked to the sticked that they should be sticked that they should follow the sticked that they should follow the sticked to the afraid. Ability s, talk to their curre 6:30-8:30pm going basis. If coac skills that they should collink the sticked to the sticked to the sticked that they should collink that when should be stand on medium tatalled instructions stand on medium tatalled instructions at stand on medium tatalled instructions (7:30-8:30pm)	has feet there are call day and the state of	ptions better suited on Floor, Cartwheel task value at the suited on Floor, Cartwheel to Floor, Cartwheel the suited on Floor
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Advanced Recreational 5-6 yrs please note this is 90 minute class)  Advanced Recreational 6-9 yrs  Advanced Recreational 13-16 years  Advanced Recreational 13-16 years  Adult Gymnastics  Home School 6-8 yrs  Parkour 6-8 yrs	This program is geared Chimo). Coaches eval to your child's gymna Cartwheel on Fio Left/Right/Middle spill to focus is no focu	I towards participants used at hiele suitability stics development the or, Bridge lickover, 31 ks fadtway down). Mus quired. If you are unstalled to the suitability lics development they were, he able to climb in, Left/Right/Middle sever, he able to climb in, Left/Right/Middle sever, he able to climb in, Left/Right/Middle suitability to focus is required to the suitability to focus is required to the suitability tics development they were, Handstand to bridge the suitability tics development they were, Handstand to bridge the suitability tics development they were, Handstand to bridge the suitability tics development they were, Handstand to bridge the suitability tics development they key. Handstand to bridge the suitability tics development they key. Handstand to bridge the suitability tics development they key. Handstand to bridge the suitability tics development they key. Handstand to bridge the suitability tics development they key. Handstand to bridge the suitability tics development they key. Handstand to shid to suitability tics development they key to suitability tics development they key to suitability tics development they key. Handstand to shid to suitability tics development they key to suitability tics development they key to suitability tics development they key to suitability to suitability tics development they key to suitability to suitability to suitability tics development they key to suitability to suit	rior classes on an or with be withdrawn. and pulls up the rop to be able to follow during in you child meet:  that have had gymn. for classes on an or will be withdrawn. Sa alf way up the Rope. pilts (haifway down) d. If you are unsure!  coach 6:30-8:30pm  that have had gymn. for classes on an or will be withdrawn. Sa ge, working on round will be withdrawn on the beat of the coach of the coac	\$260  stics experience be going basis. If coac skills that they show these requirement in the stick that they should a chin ups, chin up must be able to follow the stick that they should a chin ups, chin up should be sticked to the sticked that they should be sticked that they should follow the sticked that they should follow the sticked to the afraid. Ability s, talk to their curre 6:30-8:30pm going basis. If coac skills that they should collink the sticked to the sticked to the sticked that they should collink that when should be stand on medium tatalled instructions stand on medium tatalled instructions at stand on medium tatalled instructions (7:30-8:30pm)	hese feet there are called the ca	ptions better suited on Floor, Cartwheel task value at the suited on Floor, Cartwheel to Floor, Cartwheel the suited on Floor
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Advanced Recreational 5-6 yrs [please note this is 90 minute class]  Advanced Recreational 6-9 yrs  Advanced Recreational 13-16 years  Advanced Recreational 13-16 years  Adult Gymnastics  Home School 9-12 yrs  Parkour 6-8 yrs  Parkour 9-12 yrs	This program is geared Chimo). Coaches eval to your child's gymna Cartwheel on Fio Left/Right/Middle spill to focus is no focu	I towards participants use a thirtee suitability its development. They are unset to the suitability ties development they over, be able to climb it towards participants use a thirtee suitability ties development they over, be able to climb it much the suitability ties development they over, be able to climb it much the suitability to focus is required. If you are unset to suitability to focus is required it is suitable to the suitability ties development they over, be able to the suitability to focus is required at white suitability ties development they over, the suitability ties development they over, the suitability of the suitability ties development they over, the suitability of the	rior classes on an or with be withdrawn. and pulls up the rop to be able to follow during in you child meet:  that have had gymn. for classes on an or will be withdrawn. Sa alf way up the Rope. pilts (haifway down) d. If you are unsure!  coach 6:30-8:30pm  that have had gymn. for classes on an or will be withdrawn. Sa ge, working on round will be withdrawn on the beat of the coach of the coac	\$260  stics experience be going basis. If coac skills that they show these requirement in the stick that they should a chin ups, chin up must be able to follow the stick that they should a chin ups, chin up should be sticked to the sticked that they should be sticked that they should follow the sticked that they should follow the sticked to the afraid. Ability s, talk to their curre 6:30-8:30pm going basis. If coac skills that they should collink the sticked to the sticked to the sticked that they should collink that when should be stand on medium tatalled instructions stand on medium tatalled instructions at stand on medium tatalled instructions (7:30-8:30pm)	hese feet there are called the ca	ptions better suited on Floor, Cartwheel task value at the suited on Floor, Cartwheel to Floor, Cartwheel the suited on Floor

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 fee 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.