



WINTER 2025 SESSION

Classes run from January 6th to March 23rd

Times & classes are subject to change based on registration



Facebook.com/Capital-City-Gymnastics-Centre



@CapCityGym



780-469-0662



4130 101st NW Edmonton, AB

Mondays 10 weeks	45-minute class: \$172.50 1-hour class: \$230 1.5-hour class: \$345 2-hour class: \$460	Tuesday – Sunday 11 weeks	45-minute class: \$189.75 1 hour class: \$253 1.5 hour class: \$379.5 2 hour class: \$506	AGF Insurance (July 1 - June 30) *Not included in fees All Classes: \$55/year
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Please Note:

- * Indicates by invitation / recommendation / pre-requisite only
- NO CLASSES on Statutory Holidays. (Family Day – Monday, February 17th)

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Preschool Drop In		10-11:30		1-2:30			
Family Drop In							3-4:30
Teen/Adult Drop In	8:30-10			8:30-10			
Tumble Bugs <i>Ages 12-24 months</i>	9:30-10:15		9:30-10:15			9-9:45	9:30-10:15
Parent & Tot <i>Ages 2-3 years</i>	10:30-11:30	12-1	4:30-5:30	5:30-6:30		9-10 9:45-10:45	9-10 10:15-11:15
Mini Tots (unparented) <i>Ages 3.5-4.5 years</i>	9:30-10:15		10:30-11:15			10-10:45 10:45-11:30	10-10:45 11:15-12
Tots <i>Ages 4-5 years</i>	10:30-11:30	4:30-5:30	5:30-6:30	3-4		10:45-11:45 11:30-12:30	10:45-11:45 12-1
Supertots* <i>Ages 5-6 years</i>		1-2:30	5:30-7	4-5:30		11-12:30 1-2:30	
Elite Petites* <i>GIRLS Ages 5-6 years</i>						12:45-2:45	
Hot Shots* <i>BOYS Ages 5-7 years</i>						9-11	
Mini Team* GIRLS 7-9 years	4:30-6:30		4:30-6:30				
Junior Team* GIRLS 9+ years				6:30-8:30			

Don't forget to check out our upcoming Camps, Special Events, and Kids Night Outs!

Visit www.capcitygym.com for prices, registration, and more info

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Burgundy/Red (Badge 1&2)	4:30-5:30	4:30-5:30		4:30-5:30	4:30-5:30	11:45-12:45 1-2	10-11 11:45-12:45
Tan* (Badge 3)	4:30-6	5:30-7	6-7:30	5:30-7	5:30-7	9-10:30 11-12:30	11-12:30
Bronze* (Badge 4)	6-7:30		7-8:30	3-4:30		10:30-12:00	11:30-1
Purple* (Badge 5) GIRLS	6:30-8:30			4:30-6:30	4:30-6:30		10-12
Blue* (Badge 6) GIRLS		5:30-7:30	5-7				4:30-6:30
Boys Advanced* (Badges 5+)						11-1	
Girls Advanced* (Badges 7+)	6-8		6:30-8:30				
T&T Beginner (Steps 1 & 2)	5:30-6:30			6:30-7:30		12-1 2-3	10:30-11:30 12-1
T&T Intermediate* (Steps 3 & 4)					6-8		1-3
T&T Advanced* (Steps 5+)							1-3
Teen Class Ages 10-15 years		7:30-9	7-8:30	7-8:30	6:30-8		1:30-3
Adult Artistic Ages 16+		8:30-10					
Adult T&T Ages 16+			8:30-10				
Cheer Tumbling					4:30-6		
Dance Flexibility & Acro						1-2:30	

A **HUGE** thank you to our sponsors!



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