



Spring 2025 Session

Classes run from March 29th to June 30th

Times & classes are subject to change based on registration



Facebook.com/Capital-City-Gymnastics-Centre



@CapCityGym



780-469-0662



4130 101st NW Edmonton, AB

Thursday to Saturday Classes <i>12 weeks</i>	45-minute class: \$207 1-hour class: \$276 1.5-hour class: \$414 2-hour class: \$552	Sunday to Wednesday Classes <i>13 weeks</i>	45-minute class: \$224.25 1-hour class: \$299 1.5-hour class: \$448.50 2-hour class: \$598	AGF Insurance (April 1-June 30) *Not included in fees All Classes: \$46.60/spring
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Please Note:

- * Indicates by invitation / recommendation / pre-requisite only
- NO CLASSES on the following; (Pit Clean – April 12th, Easter Sunday – April 20th, Gym Power Invitational – May 8th-11th, Victoria Day – May 19th)

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

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)	6-7		6-7		4:30-5:30 6:30-7:30	9-10 11-12	9-10 10-11 11:30-12:30
Tan* (Badge 3)	4:30-6		4:30-6		5:30-7	10-11:30	9:30-11 11-12:30
Bronze* (Badge 4)	5:30-7		6:30-8	3-4:30	7-8:30	11:30-1	11-12:30
Purple* (Badge 5) <i>GIRLS</i>	6:30-8:30				4:30-6:30		12:45-2:45
Blue* (Badge 6) <i>GIRLS</i>		6:30-8:30			6:30-8:30		4:30-6:30
Boys Advanced* (Badges 5+)				6:30-8:30		11-1	
Girls Advanced* (Badges 7+)	6-8		6:30-8:30				
T&T Beginner (Steps 1 & 2)			6-7	5:30-6:30	4:30-5:30 5:30-6:30	12-1	9:30-10:30
T&T Intermediate* (Steps 3 & 4)	5:30-7:30			6:30-8:30			1-3
T&T Advanced* (Steps 5+)							1-3
Teen Class <i>Ages 10-15 years</i>	7:30-9	7:30-9	7-8:30	6:30-8	6:30-8		1-2:30
Adult Artistic		8:30-10					
Adult T&T			8:30-10				
Cheer Tumbling				6-7:30			
Dance, Flexibility & Acro				4:30-6			
Beginner Acrobatics			4:30-5:30				9:30-10:30

A HUGE Thank you to our Sponsors!



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