

CAPITAL CITY GYMNASTICS FALL 2018

PRESCHOOL	Mon	Tue	Wed	Thurs	Fri	Sat
Tumblebugs 12-24 months			9:30-10:15			
Parent & Tot 2-3yrs	10-11 1-2 5:30-6:30 6:30-7:30	9-10 10-11 1-2 2-3 5:15-6:15	5-6 6-7	9:15-10:15 1-2 5:30-6:30 6:30-7:30	9:30-10:30 6-7	9:30-10:30 10:30-11:30 10:45-11:45 11:30-12:30
Tot 4-5yrs	9-10 10-11 1-2 2-3 5:30-6:30 6:30-7:30	10-11 1-2 4:15-5:15 5:15-6:15	5-6 6-7	9:15-10:15 1-2 4:30-5:30 5:30-6:30 6:30-7:30	5-6	9:30-10:30 9:45-10:45 10:30-11:30 11:30-12:30 SUNDAY 1-2
*Supertot 4-6yrs *	1-2:30 4:15-5:45		4:30-6 6-7:30	1-2:30 4:30-6	1-2:30 4:30-6	9:30-11 SUNDAY 11-12:30
Adv. Supertot 4-6yrs	4-6			1-3 3-5	4:45-6:45	10:45-12:45 11-1

RHYTHMIC	Mon	Tue	Wed	Thurs	Fri	Sat
Rainbow Rhythmics & Artistic 4.5-6yrs			10:15-11:45			

SPECIALITY	Mon	Tue	Wed	Thurs	Fri	Sat
Cheer Tumbling/Can Jump Girls only (8yrs+)	6-7:30					
Parkour/Can Jump 7-9 yrs	7:30-8:30			5:15-6:15 6:15-7:15		
Parkour/Can Jump 9-11 yrs				7:30-8:30		
Parkour/Can Jump 12+ yrs				8:30-10		
Dance Flexibility & Acro /Can Jump(7yrs+)			7:30-9			
Teen class/Can Jump (12+ yrs)			6:30-8:30			
Adult class /Can Jump (17+ yrs)Co-ed			9-10		8:15-9:45	
Elite Petites (4-6yrs) (5hrs week) *Girls only* **by invite only**	1-3:30 4-6:30		1-3:30 4-6:30			
Pre Team/Can Jump (5-7yrs) (2hrs/week) **by invite only**	6-8			4:30-6:30		
Hot Shots/Can Jump(5-7yrs) (2 hrs/week) *Boys only* **by invite only*				5:30-7:30	5-7	

CANGYM	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Burgundy/Red Badge 1 & 2 /Can Jump 6-8yrs	4:30-5:30 5:30-6:30	5:30-6:30 6:15-7:15 6:30-7:30	5:30-6:30 6:30-7:30	3-4 6:30-7:30 7:30-8:30	4:30-5:30 6:30-7:30	9:15-10:15 9:45-10:45 10:15-11:15	10-11
Burgundy/Red Badge 1 & 2 /Can Jump 9+ yrs	7:30-8:30						
Tan/Bronze Badge 3 & 4 /Can Jump	4:30-6 6:45-8:15	6-7:30 6:30-8	4:30-6 6-7:30 7:15-8:45	3-4:30 4-5:30	4:30-6	9:15-10:45 11-12:30 1:15-2:45	11-12:30
Purple/Blue Badge 5 & 6 /Can Jump	4:30-6:30	4:30-6:30 6:30-8:30	4-6	4:30-6:30	7-9	12:45-2:45	9:30-11:30
Girls Advanced Badge 7-10 /Can Jump (2hrs/2xweek)	6:30-8:30		4:30-6:30	6:45-8:45		9:30-11:30 1:15-3:15	

TRAMP & TUMBLING	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
T&T Beginner 6-8yrs	4:30-6				4:30-6	1:45-3:15	
T&T Beginner 9+ yrs				6:30-8	7:30-9		
T&T Intermediate		4-6			6-8	9:30-11:30	11:30-1:30
T&T Advanced	*8-10* by invite only						

ACHIEVEMENT	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Mini Ach Level 1 /Can Jump (2hrs/week)	4:30-6:30	4:30-6:30		4:30-6:30		11:30-1:30	
Mini Ach Level 2 /Can Jump (2hrs/2xweek)	6:30-8:30	6:30-8:30		4:15-6:15		12:45-2:45	12:45-2:45

Indicates by invitation only

Class Costs:

Sun/Mon – 13 wks

1hr \$237.65

1.5hr \$320.80

2hr \$427.70

Tues/Wed/Thurs/Fri/Sat – 15 wks

45 mins \$205.65

1hr \$274.20

1.5hr \$370.15

2hr \$493.50

Please note:

- Alberta Gymnastics Federation Annual Insurance Fee (\$55) is not included in the prices and is non refundable
- AGF fee is valid July 2018 – June 2019
- Athletes registered in Tumblebugs, Parent & Tot, Tot, Supertot, Advanced Supertots and Elite Petites will not be permitted to use trampoline due to new AGF insurance rules. These classes will be permitted to use Air Track.
- Classes and coaches are subject to change due to registration numbers and coaching availability
- 10% discount will apply to families that train a total of 5 or more hours per week in the Recreational program
- ** indicates by invitation/recommendation only
- All classes are once per week unless otherwise noted
- Cancellations made prior to the session start date will be subject to a \$20 administration fee.
- Cancellations made between the first and third week of the session start date will be refunded less the class cost for number of classes scheduled as well as a \$20 cancellation fee. There will be NO refunds after this time
- Cancellations made less than a minimum of 48 hours before the start of the class will be charged for that class
- There will be NO make up classes offered
- NSF cheques will have a surcharge of \$25 applied to the NSF payment

Class Dates

Tues Sept 4th – Dec 11th – No missed classes (15 wks)

Wed Sept 5th – Dec 19th - No class Oct 31 (15 wks)

Thurs Sept 6th – Dec 13th - No missed classes (15 wks)

Fri Sept 7th – Dec 14th - No missed classes (15 wks)

Sat Sept 8th – Dec 15th - No missed classes (15 wks)

Sun Sept 9th – Dec 16th - No class Oct 7th & Nov 11th (13 wks)

Mon Sept 10th – Dec 17th – No class Oct 8th & Nov 12th (13 wks)

Proud Sponsors of Capital City Gymnastics Centre:



Fall Schedule 2018

4130 101 Street NW, Edmonton, AB

Phone # 469-0662 Fax # 466-0839

Email amber@capcitygym.com

Web www.capcitygym.com



Registration starts June 4, 2018

Refer a friend for the Fall session!! You and the new member get a \$25 credit on your account towards our Winter session or camps.

****Must be a new member to qualify****