

CAPITAL CITY GYMNASTICS WINTER 2019

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

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

CANGYM	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Burgundy/Red Badge 1 & 2 /Can Jump 6-8yrs	5:30-6:30 6:30-7:30	5:30-6:30 6:15-7:15 6:30-7:30	6-7 6:30-7:30	3-4 3:15-4:15 6:30-7:30 7:30-8:30	4:30-5:30 5:30-6:30 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		7:30-8:30				
Tan/Bronze Badge 3 & 4 /Can Jump	4:30-6 6:45-8:15	6-7:30 6:30-8 7:15-8:45	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 2-3:30	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	11-1 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	12:45-2:45

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					6-8	9:30-11:30	11:30-1:30
T&T Advanced	*8-10PM* 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	

Indicates by invitation only

Class Costs:

Mon – 10 wks	
45 mins	\$137.10
1hr	\$182.80
1.5hr	\$246.80
2hr	\$329.00

Tues/Wed/Thurs/Fri/Sat/Sun – 11 wks	
45 mins	\$150.80
1hr	\$201.10
1.5hr	\$271.45
2hr	\$361.90

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
- Due to new AGF insurance rules some classes will not be permitted to use Trampolines. 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
- Cancellation prior to the session start date will be given a refund or credit of the class cost less a \$20 cancellation fee.
- Cancellations must be made with a minimum of 24 hours notice before the start of the third class to receive a refund. Refunds or credits will be less the cost of the classes scheduled and the \$20 administration fee.
- There will be NO refunds after the start of the third class.
- There will be NO make up classes offered.
- NSF cheques will have a surcharge of \$25 applied to the NSF payment

Class Dates

Sun Jan 6th – Mar 17th - No missed classes (11 wks)

Mon Jan 7th – Mar 18th – No class Feb 18th (10 wks)

Tues Jan 8th – Mar 19th – No missed classes (11 wks)

Wed Jan 9th – Mar 20th - No class Oct 31 (11 wks)

Thurs Jan 10th – Mar 21st - No missed classes (11 wks)

Fri Jan 11th – Mar 22nd - No missed classes (11 wks)

Sat Jan 12th – Mar 23rd - No missed classes (11 wks)

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OF MASSAGE THERAPY



DOMINION LENDING
CENTRES



Winter Schedule 2019

4130 101 Street NW, Edmonton, AB

Phone # 469-0662 Fax # 466-0839

Email amber@capcitygym.com

Web www.capcitygym.com



Member Registration Starts Nov 5, 2018

Non Member Registration Starts Nov 13, 2018

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

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