

Register Online!
www.capcitygym.com

Spring Classes 2019



Spring session starts: week of April 1st to week of June 24th, 2019.

Registration for members and non-members opens February 6th, 2019.

Times & classes are subject to change based on registration.



Facebook.com/Capital-City-Gymnastics-Centre @CapCityGym 780-469-0662 4130 101 St NW Edmonton, AB

Mon, Fri, & Sun
classes
(12 weeks)
1-hour class: \$228
1.5-hour class: \$312
2-hour class: \$408

Tue, Wed, Thu,
& Sat classes
(13 weeks)
1-hour class: \$247
1.5-hour class: \$338
2-hour class: \$442

AGF Insurance
(July 1 - June 30)
*not included in fees
Drop In's: \$5
Pre-school classes: \$40
All other classes: \$55

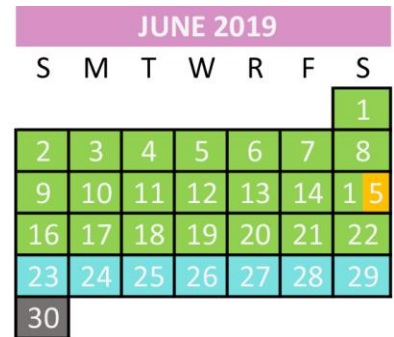
	Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Drop In	Pre-School Drop In 6 years and under	10:30-12:00 <i>Cost - \$7/child or \$18/family (immediate family)</i>							
	Family Drop In 12 years and under								3:00-4:30 <i>Cost - \$7/child or \$18/family (immediate family)</i>
Pre School	Babynastics Parented 12-24 months	9:30-10:30 <i>Class will have 45 mins of structured coach time & 15 mins of exploration for you and your baby.</i>							
	Parent & Tot Ages 2-3 years	9:00-10:00 10:00-11:00 1:00-2:00 5:30-6:30 6:30-7:30	9:15-10:15 10:15-11:15 1:00-2:00 5:15-6:15	5:00-6:00 6:00-7:00	9:15-10:15	9:30-10:30 6:00-7:00	9:30-10:30 10:30-11:30 10:45-11:45 11:30-12:30	9:00-10:00 10:00-11:00	
	Mini Tots Ages 3-4 years		9:15-10:15 5:15-6:15	<i>NEW CLASS: Your 3-year old can now do unparented classes!</i>		10:30-11:30	9:30-10:30	9:00-10:00 12:30-1:30	
	Tots Ages 4-5 years	9:00-10:00 10:00-11:00 1:00-2:00 2:00-3:00 5:30-6:30	10:15-11:15 1:00-2:00 2:00-3:00 4:15-5:15	5:00-6:00 6:00-7:00 6:00-7:00	1:00-2:00 4:30-5:30 5:30-6:30 6:30-7:30	5:00-6:00 6:00-7:00	9:45-10:45 10:30-11:30 11:30-12:30 12:45-1:45		
	*Supertots Ages 4-6 years	1:00-2:30 4:30-6:00		4:30-6:00 6:00-7:30		1:00-2:30	9:30-11:00	11:00-12:30	
	*Advanced Supertots Ages 4-6 years		4:00-6:00		1:00-3:00 3:00-5:00		10:45-12:45		
CANGYM	Badge 1 & 2 (Burgundy/Red) ** Ages 6-8 years	5:30-6:30 6:30-7:30 7:30-8:30	5:30-6:30 6:15-7:15 6:30-7:30	6:00-7:00 6:30-7:30 7:00-8:00	3:00-4:00 3:15-4:15 6:30-7:30	4:30-5:30 5:30-6:30 6:30-7:30	9:15-10:15 9:45-10:45 10:15-11:15	10:00-11:00 11:00-12:00	
	Badge 1 & 2 ** (Burgundy/Red) Ages 8+	7:30-8:30			7:30-8:30				
	Badge 3 & 4 (Tan/Bronze) ** All ages	4:30-6:00 6:45-8:15	6:30-8:00	4:30-6:00 6:00-7:30	3:00-4:30 4:00-5:30	4:30-6:00 7:00-8:30	9:15-10:45 11:00-12:30 1:15-2:45 2:00-3:30	11:00-12:30	
	Badge 5 & 6 (Purple/Blue) ** Bronze pre-requisite	4:30-6:30		4:30-6:30	6:45-8:45		9:30-11:30 1:15-3:15	12:45-2:45	
	Badges 7 - 10 Girls Advanced ** 2x/week (4 hrs/week)	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	T&T Beginner Ages 6-8 years	4:30-6:00	4:30-6:00				1:45-3:15		
	T&T Beginner Ages 9+				6:30-8:00	7:30-9:00			
	T&T Intermediate Ages 8+					6:00-8:00	9:30-11:30 11:30-1:30		
	*T&T Advanced Ages 10+	7:30-9:30							
	T&T Adult Ages 17+ (co-ed)	7:30-9:30			9:00-10:00				

	Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Specialty Programs	Cheer Tumbling (Girls only) ** Ages 9+	6:00-7:30							
	Dance, Flexibility & Acro Ages 7+					7:30-9:00		3:00-4:30	
	Beginner Acrobatics					4:00-5:00 (Ages 6-8 years) 5:00-6:00 (Ages 9-12 years)		An introduction to acrobatic lifts, tumbling, and dance.	
	Adult Class Ages 16+	9:00-10:00							
	Ninja Gym Ages 7+	7:30-8:30				5:15-6:15 6:15-7:15		Formally called parkour	
	Ninja Gym Ages 9-11 years					7:30-8:30		Formally called parkour	
	Ninja Gym Ages 12+			8:30-10:00		Formally called parkour			
	*Elite Petites Girls 4-6 years 2x/week (5 hrs/week)	1:00-3:30 4:00-6:30				1:00-3:30 4:00-6:30			
	*Hot Shots Boys 5-7 years					5:30-7:30			
	Pre-Team	*Mini Team Ages 6-8 years ** 1x/week	4:30-6:30 6:00-8:00		4:30-6:30		See new class description below		4:30-6:30 11:30-1:30
*Junior Team Ages 8+ 2x/week (4 hrs/week) **				6:30-8:30		4:30-6:30		12:45-2:45	
We have revamped our Pre-Team and Mini Achievement classes. Mini Team will be comprised of Mini Achievement I and beginner Pre-Team gymnasts. Junior Team will be comprised of Mini Achievement II and returning Pre-Team athletes. Both Pre-Team classes will be learning competitive developmental skills needed for the TEAM program.									

*** Indicates by invitation / recommendation only classes**
**** These classes curriculum includes the Can Jump Program**

Please note:

- Please see our website for our cancellation and refund policies.
- Due to new AGF insurance rules the classes that do not follow the Can Jump or Tramp & Tumbling program are not permitted to use trampolines. These classes will still have access to the air track and pit.
- 10% discount to families with more than one child that train a total of 5 hours or more per week.



First & last day of class | No classes | Active Classes | Kids Night Out | Pd Day Camp | Between sessions

Don't forget to check out our PD Day Camps and Kids Night Outs! Visit our website for prices and more info.

