

Register Online at  
www.capcitygym.com

# SPRING CLASSES, 2020

Monday, March 30, 2020 – Sunday, June 28, 2020

Registration for Members opens Mon., Feb. 24, for Non-Members Mon. Mar. 2

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

Mondays and  
Fridays  
12 Weeks

1-hour class: \$228  
1.5-hour class: \$312  
2-hour class: \$408

Tues, Wed., Thu.  
Sat. and Sun.  
13 Weeks

1-hour class: \$247  
1.5-hour class: \$338  
2-hour class: \$442

AGF Insurance  
not included in fees  
(July 1 – June 30)

Drop-Ins: \$5  
All Classes: \$55

	Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Drop-In	<b>Pre-School Drop-In</b> Ages 6 yrs and under			10:30-12:00	10:30-12:00			
	<b>Family Drop-In</b> Ages 12 yrs and under	Cost - \$7/ person or \$18 / immediate family					3:00-4:30	
Pre School	<b>Babynastics</b> 12-24 months Parented	9:45-10:30						
	<b>Parent &amp; Tot</b> Ages 2-3 yrs	9:30-10:30 11:30-12:30 6:30-7:30	10:30-11:30			5:30-6:30	9:30-10:30 5:00-6:00	9:15-10:15 10:30-11:30
	<b>Mini Tots ***</b> Ages 3-4 yrs Unparented	10:30-11:30	9:30-10:30 1:00-2:00	5:00-6:00	9:30-10:30 5:30-6:30	11:30-12:30	9:00-10:00 10:00-11:00	9:00-10:00
	<b>Tots</b> Ages 4-5 yrs	9:30-10:30 11:30-12:30 12:30-1:30 5:30-6:30 6:30-7:30	9:30-10:30 10:30-11:30 1:00-2:00 2:00-3:00 5:30-6:30	9:30-10:30 6:30-7:30	9:30-10:30 4:30-5:30 5:30-6:30 6:30-7:30	6:30-7:30	9:00-10:00 9:15-10:15 10:15-11:15 11:30-12:30	
	<b>Supertots *</b> Ages 4-6 yrs	1:00-2:30 4:30-6:00	9:30-11:00				12:30-2:00	10:00-11:30
	<b>Advanced Supertots *</b> Ages 4-6 yrs	4:00-6:00					4:30-6:30	
CANGYM	<b>Badge 1 &amp; 2 **</b> (Burgundy/Red) Ages 6-8 yrs	6:30-7:30	6:30-7:30	5:00-6:00 6:30-7:30	5:30-6:30	4:30-5:30 6:00-7:00	10:15-11:15 11:30-12:30	10:00-11:00
	<b>Badge 1 &amp; 2 **</b> (Burgundy/Red) Ages 8+	5:30-6:30				4:30-5:30		
	<b>Badge 3 &amp; 4 */**</b> (Tan/Bronze) All ages	4:00-5:30	7:00-8:30	6:00-7:30	3:00-4:30 4:00-5:30	7:00-8:30	11:00-12:30 11:30-1:00	11:00-12:30
	<b>Badge 5 &amp; 6 */**</b> (Purple/Blue) Bronze pre-requisite	4:30-6:30	5:00-7:00 6:00-8:00	4:00-6:00	4:30-6:30	6:00-8:00	11:45-1:45	1:00-3:00
	<b>Badges 7 - 10 */**</b> (Girls Advanced) Twice/week (4 hrs/week)	6:30-8:30			4:00-6:00	6:30-8:30		1:30-3:30 12:30-2:30
Rhythmic	<b>Rainbow Rhythmic</b> Ages 4-5 yrs	1:00-2:30						
	<b>Rhythmic</b> Ages 6+						12:00-1:00 1:00-2:00	



	Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tramp & Tumbling	<b>T&amp;T Beginner</b> Ages 6-8 yrs Developmental	6:00-7:30	4:30-6:00				11:15-12:45	
	<b>T&amp;T Beginner</b> Ages 9+ Developmental				5:45-7:15		3:30-5:00	
	<b>T&amp;T Intermediate</b> Ages 8+ Developmental					6:00-8:00		
	<b>T&amp;T Advanced *</b> Ages 10+ Developmental	7:00-9:00						
Specialty Programs	<b>Cheer Tumbling **</b> Ages 9+, Girls only	7:00-8:30						
	<b>Dance, Flexibility &amp; Acro</b> Ages 7+							2:30-4:00
	<b>Beginner Acrobatics</b> Ages 6+			4:30-5:30				
	<b>Ninja Gym</b> Ages 7+		6:30-7:30	5:30-6:30				
	<b>Ninja Gym</b> Ages 9-11 yrs		7:00-8:00	7:00-8:00		5:00-6:00		
	<b>Ninja Gym</b> Ages 12+			8:00-9:30				
	<b>Elite Petites *</b> Ages 4-6 yrs, Girls only <i>Twice/week (4 hrs/week)</i>			5:30-7:30		5:00-7:00		12:30-2:30
	<b>Hot Shots *</b> Ages 5-7 yrs, Boys only <i>Twice/week (4 hrs/week)</i>		5:30-7:30					4:30-6:30
	<b>Adult Class</b> Ages 16+ Developmental			8:30-9:30				
			<i>Pick any two times listed.</i>					
Pre-Team	<b>Mini Team */**</b> Ages 6-8 yrs, Girls only <i>Twice/week (4 hrs/week)</i>	4:30-6:30		4:30-6:30			12:30-2:30	
	<b>Junior Team */**</b> Ages 7+, Girls only <i>Twice/week (4 hrs/week)</i>		4:30-6:30		6:30-8:30		12:30-2:30	
		<i>Pick any two times listed.</i>						

- \* Indicates By Invitation / Recommendation Only classes.
- \*\* Indicates these classes' curriculum includes the CanJump Program.
- \*\*\*Must be potty trained!
- See our website for our cancellation and refund policies.
- Due to AGF insurance rules, the classes that do not follow the CanJump or Tramp & Tumbling program are not permitted to use trampolines. These classes will still have access to the air track and foam pit.
- 10% discount to families with more than one child that train a total of 5 hours or more per week.

MARCH, 2020							APRIL, 2020							MAY, 2020							JUNE, 2020						
S	M	Tu	W	Th	F	S	S	M	Tu	W	Th	F	S	S	M	Tu	W	Th	F	S	S	M	Tu	W	Th	F	S
1	2	3	4	5	6	7				1	2	3	4						1	2	1	1	2	3	4	5	6
8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
29	30	31	29	30			26	27	28	29	30			24	25	26	27	28	29	30	28	29	30				

Spring Break Camps! First/Last day of Classes No Classes Active Classes Kids' Night Out PD Days Between Sessions Summer Camps Start!

## 2020 SUMMER CAMP REGISTRATION IS NOW OPEN!



June 29 - July 3 Beach Vacation week (Jul 1 holiday)

July 6-10 Gymnastics Ninja Warriors Week

July 13-17 Circus Week including magic and pranks

July 20-24 Disney Adventures Week

July 27-31 Wacky Arts & Crafts!

Aug 4-7 Space Camp Week (Aug 3 holiday)

Aug 10-14 Super Heros Week

Aug 17-21 Spectacular Sports Week

Aug 24- 28 Mad Science Week

Half-Day Camps: 9:00 a.m. – 12:00 p.m. (Ages 4+): \$35 per day or \$150 per week, \$120 four-day weeks

Full-Day Camps: 9:00 a.m. – 4:00 p.m. (Ages 6+): \$60 per day or \$250 per week, \$200 four-day weeks

\$55 annual AGF insurance fee required for full-day camps for non-members