



INSPIRING A FOUNDATION OF EXCELLENCE  
IN OUR COMMUNITY!

www.grandeprairiegymnastics.com

780-539-1414

All participants are required to pay a \$35 insurance and membership fee each year (July 1-June 30)

**KINDERGYM/KINDERCHEER LICENSED PRE-SCHOOL PROGRAMS**

<p>An exciting pre-kindergarten program. Combines pre-school activities, stories, and crafts with 45 minutes of gymnastics or cheerleading instruction.</p> <p>Kindergym - Ages 3-5 Mon/Wed AM or PM, Tu/Th AM or PM, or Fri AM Kindercheer - Ages 4-5 *needs min. 4 participants to run</p> <p>Public registration is available only if spaces open up in the program. Please call for availability.</p> <p><b>**ONLINE REGISTRATION NOT AVAILABLE FOR THIS PROGRAM**</b></p>	<p><b>Mon/Wed</b> AM-9:15-11:45 PM-12:45-3:15</p>	<p>Sept 6-Dec 20 \$510 No class Oct 9</p>	<p>Jan 8-Mar 28 \$405 No class Feb 19</p>	<p>Apr 9-June 20 \$375 No class May 21</p>	<p><b>Registration Dates:</b></p> <p>June 23 Dec 1 March 2</p> <p>9-11am</p> <p>IN-PERSON</p>
	<p><b>Tu/Th</b> AM-9:15-11:45 PM-12:45-3:15</p>	<p>Sept 7-Dec 21 \$510</p>	<p>Jan 9-Mar 29 \$420</p>	<p>Apr 10-June 21 \$390</p>	
	<p><b>Fri</b> AM-9:15-11:45</p>	<p>Sept 8-Dec 22 \$285</p>	<p>Jan 11-Mar 23 \$210</p>	<p>Apr 13-June 22 \$210</p>	

**ACTIVE START PROGRAMS FOR AGES 4 AND UNDER**

*Classes run in 9-week sessions - choose one day and time	SAT	MON	TUE	WED	THU	COST
<p><b>Parent &amp; Baby (walking up to 24 months)</b> 30 minute movement class where parent works one-on-one with baby. One parent per child.</p>	9:15-9:45am	9:30-10am	9:30-10am	9:30-10am	9:30-10am	\$85
<p><b>Parent &amp; Tot (2 year olds)</b> 45 minute gross motor movement class with circuits on bars, beam, floor, vault, and trampoline. Parent participation required.INSURANCE REGULATION: siblings are not allowed in the gym (including babies).</p>	10-10:45am 11-11:45am 12-12:45pm	9:30-10:15 10:15-11 11-11:45	9:30-10:15 10:15-11 11-11:45	9:30-10:15 10:15-11 11-11:45	9:30-10:15 10:15-11 11-11:45	\$115
<p><b>Pre-school (3 &amp; 4 year olds)</b> 45 minute advanced gross motor movement class with circuits on various gymnastics equipment. The child must be ready to participate without mom or dad.</p>	10-10:45am 11-11:45am 12-12:45pm	9:30-10:15 10:15-11 11-11:45 1-1:45 1:45-2:30	9:30-10:15 10:15-11 11-11:45 1-1:45	9:30-10:15 10:15-11 11-11:45	9:30-10:15 10:15-11 11-11:45 1-1:45 1:45-2:30	\$115

**CHEERLEADING FOR AGES 5 AND UNDER**

<b>Tiny Cheer - Ages 3-6</b>	SUN	MON	THUR	COST
<p>A 45-minute class focusing on fundamental skills of cheerleading. Basic stunting and tumbling, jump technique and motions. Great intro to cheerleading!</p>	Ages 3-4		11-11:45am	9 week session
	Ages 4-6	11:45am-12:30	3:45-4:30pm	9 week session

**SCHOOL GROUPS**

Bring your class to our facility and participate in exciting and challenging gymnastics, cheerleading, or ninja instruction for all ages and abilities!  
For information contact Caitlyn: bookings@gpgymniks.com

**BIRTHDAY PARTIES**

<p>Gymnastics Parties - Ages 4-10 \$175 Max 12 children (including birthday child)</p>	Saturday	TBC	<p>2 hour packages include 1 hour of time in the gym/bouncy castles with trained gymnastics instructors, as well as 1 hour in the party room. Outside food can be brought in, no peanuts please. Bookings must be done in-person.</p>
<p>Bouncy Castle Parties - Ages 0-8 \$145 Max 12 children (including birthday child)</p>	Saturday	TBC	

Session Dates (subject to change):	Online Registration Opens:	In-Person Registration Opens:	
<b>Sept 9-Nov 10</b>	June 29th	June 30th	<p>*Phone registration is very limited due to a high number of calls, as well as the large amount of in-person registrations being processed.</p>
<b>Nov 11-Dec 22/Jan 6-26</b>	October 19th	October 20th	
<b>Jan 27-Mar 29</b>	January 4th	January 5th	
<b>Apr 14-June 15</b>	March 1st	March 2nd	



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**GYMNASTICS PROGRAMS FOR AGES 5+**

\*Classes run in 9-week sessions - choose one day and time

	SAT	MON	TUE	WED	THU	COST
<b>General Gymnastics Levels 1-2 (Ages 5-12)</b> For the beginner. Develop strength, flexibility, coordination, and balance on the bars, beam, floor, vault, and trampolines. No experience required!	10-11am 11am-12pm 12-1pm 1-2pm	10-11am 1:45-2:45pm 4-5pm 5-6pm 6-7pm	11am-12pm 4-5pm 5-6pm 6-7pm	1:45-2:45pm 4-5pm 5-6pm 6-7pm	11am-12pm 4-5pm 5-6pm 6-7pm	\$140
<b>General Gymnastics Levels 3-4 (Ages 6-12)</b> The next step in the Cangym program. Must have completed levels 1-2 before moving to this class.	1-2:30pm	4-5:30pm 5:30-7pm	4-5:30pm 5:30-7pm	4-5:30pm 5:30-7pm	4-5:30pm 5:30-7pm	\$175
<b>General Gymnastics Levels 5 &amp; 6</b> Must have completed levels 1-4 including bronze 1 and bronze 2.	12:30-2:30pm	4-6pm 6-8pm	4-6pm 6-8pm	4-6pm 6-8pm	4-6pm 6-8pm	\$220
<b>General Gymnastics Levels 7-12</b> Must have completed levels 1-6. 2 days per week.			4-6pm OR 6-8pm	6-8pm *once per week only	4-6pm OR 6-8pm	\$220 (1x)* \$320 (2x)
<b>Trampoline &amp; Tumbling Levels 1-4 (Ages 5-12)</b> For the beginner. Develop body and spatial awareness skills on the trampolines and tumbling runway. No experience required!	Not yet available	4-5pm 5-6pm 6-7pm	4-5pm 5-6pm 6-7pm	4-5pm 5-6pm 6-7pm	4-5pm 5-6pm 6-7pm	\$140
<b>Trampoline &amp; Tumbling Levels 5-12</b> Must have completed levels 1-4.			6-8pm			\$220
<b>Tumbling for Dancers - ages 5+</b>					7-8pm	\$115
<b>Teen Gymnastics - ages 12+ no experience required</b>		6-8pm				\$220

**URBAN GYMNASTICS/NINJA ZONE**

*Uniform required (t-shirt and headband) - \$30	SAT	MON	TUE	WED	THU	COST
<b>Lil' Ninjas (ages 3-4)</b> - learn the basics! Rolling, vaulting, gross motor, jumping, falling, etc.	Not yet available	Not yet available	Not yet available	Not yet available	Not yet available	\$115
<b>Ninja White 1 (ages 4-6)</b> - Fundamental skills including safety rolls, vaulting, bar & wall moves, etc.	Not yet available	4-5pm	4-5pm 5-6pm	4-5pm	4-5pm	\$140
<b>Ninja White 2 (ages 6-8)</b> - Fundamental skills including safety rolls, vaulting, bar & wall moves, etc.	Not yet available	5-6pm 6-7pm	6-7pm	5-6pm	5-6pm	\$140
<b>Ninja White 3 (ages 8-11)</b> - Fundamental skills including safety rolls, vaulting, bar & wall moves, etc.	Not yet available	Not yet available	Not yet available	6-7pm	6-7pm	\$140

**ADULT CLASSES**

<b>Gymnastics Drop-in Age 16+</b> For all levels and abilities. All adults welcome!	TBC	\$10 drop in fee	Call and book a spot the morning of the class (age 16-17 must have a parent sign waiver) \$5 drop-in insurance must be paid once per year			
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**CHEERLEADING FOR AGES 6+**

Cheer 101 - ages 6-12	SUN	MON	WED	THU	COST
A 1 hour class focusing on fundamental skills of cheerleading. Basic stunting and tumbling, jump technique and motions. Great intro to cheerleading!	12:30-1:30	6-7pm	6-7pm	4-5pm 6-7pm	\$140
		6-7:30pm	***Session runs Sept-Dec***		\$360

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