



780-539-1414

www.grandeprairiegymnastics.com

INSPIRING A FOUNDATION OF EXCELLENCE
IN OUR COMMUNITY!



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

KINDERGYM LICENSED PRE-SCHOOL PROGRAMS

<p>An exciting pre-kindergarten program. Combines pre-school activities, stories, and crafts with 45 minutes of gymnastics</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 only available if spaces open up in the program. Please call for availability.</p> <p>**ONLINE REGISTRATION NOT AVAILABLE FOR THIS PROGRAM**</p>	<p>Mon/Wed AM-9:15-11:45 PM-12:45-3:15</p>	<p>Sept 5-Dec 19 \$520 No class Oct 9</p>	<p>Jan 7-Mar 20 \$375 No class Feb 19</p>	<p>Apr 1-June 19 \$405 No class May 21</p>	<p>Registration Dates: June 1 Nov 30 March 8</p> <p>9-11am</p> <p>IN-PERSON</p>
	<p>Tu/Th AM-9:15-11:45 PM-12:45-3:15</p>	<p>Sept 6-Dec 20 \$540</p>	<p>Jan 8-Mar 21 \$387</p>	<p>Apr 2-June 20 \$420</p>	
	<p>Fri AM-9:15-11:45</p>	<p>Sept 7-Dec 21 \$291</p>	<p>Jan 9-Mar 22 \$210</p>	<p>Apr 3-Jun 21 \$228</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>Active Start (walking - 2 years old) 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>Active Start (2-3 year olds) 45 minute gross motor movement class with circuits on bars, beam, floor, vault and trampoline. Parent participation required. INSURANCE REGULATION: no siblings allowed in the gym (including babies).</p>	10-10:45am 11-11:45am 12-12:45pm	9:30-10:15am 10:15-11am 11-11:45am	9:30-10:15am 10:15-11am 11-11:45am	9:30-10:15am 10:15-11am 11-11:45am	9:30-10:15am 10:15-11am 11-11:45am	\$115
<p>Active Start (3 - 4 year olds) 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	9:30-10:15am 10:15-11am 11-11:45am 1-1:45pm	9:30-10:15am 10:15-11am 11-11:45am 1-1:45pm	9:30-10:15am 10:15-11am 11-11:45am	9:30-10:15am 10:15-11am 11-11:45am 1-1:45pm	\$115

CHEERLEADING FOR AGES 6 AND UNDER

Tiny Cheer - Ages 3-6	SUN	MON	THURS	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	10:15-11 am		9 week session
	Ages 5-6	11-11:45 am 2:15-3pm		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

Gymnastics Parties - Ages 4-10 \$175 Max 12 children (including birthday child)	Saturday	2:30-4:30pm	<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>
Bouncy Castle Parties - Ages 0-8 \$145 Max 12 children (including birthday child)	Saturday	1:15-3:15pm	

Session Dates (subject to change):	Online Registration Opens:	In-Person Registration Opens:	
Sept 8-Nov 9	June 14th	June 15th	<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>
Nov 10-Dec 21/Jan 5-25	October 18th	October 19th	
Jan 26-Apr 7	January 3rd	January 4th	
Apr 8-June 9	March 14th	March 15th	



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General Gymnastics Levels 1-2 (Ages 5-12) 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 4-5pm 5-6pm 6-7pm	11am-12pm 4-5pm 5-6pm 6-7pm	4-5pm 5-6pm 6-7pm	4-5pm 5-6pm 6-7pm	\$140
General Gymnastics Levels 3-4 (Ages 6-12) The next step in the Cangym program. Must have completed levels 1-2 before moving to this class.	11am-12pm 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
General Gymnastics Levels 5 & 6 Must have completed levels 1-4 including bronze 1 and 2	12:30-2:30pm	4-6pm	4-6pm 6-8pm	4-6pm 6-8pm	4-6pm 6-8pm	\$220
General Gymnastics Levels 7-12 Must have completed levels 1-6. 2 days per week.		4-6pm (with Wed)	4-6pm (with Thurs) 6-8pm (with Thurs)	4-6pm (with Mon) *6-8pm 1x/week	4-6pm (with Tues) 6-8pm (with Tues)	\$220 (1x)* \$320 (2x)
Trampoline & Tumbling Levels 1-4 (Ages 5-12) For the beginner. Develop body and spatial awareness skills on the trampolines and tumbling runway. No experience required!	11am-12pm	4-5pm 5-6pm	4-5pm 5-6pm 6-7pm	4-5pm 5-6pm 6-7pm	4-5pm 5-6pm	\$140
Trampoline & Tumbling Levels 5-12 Must have completed levels 1-4.	10:30-12:30pm 12:30-2:30pm	6-8pm	6-8pm			\$220
Tumbling for Dancers - Acro (Ages 5+)	2:30-3:30pm			6-7pm 7-8pm	TBC	\$115
Teen Gymnastics - ages 12+ no experience required		6-8pm				\$220

URBAN GYMNASTICS/NINJA ZONE

*Uniform required (t-shirt and headband) - \$30	SAT	MON	TUE	WED	THU	COST
Lil' Ninjas (ages 3-4) - learn the basics! Rolling, vaulting, gross motor, jumping, falling, etc.	10-10:45am	Not yet available	1:45-2:30pm	Not yet available	1:45-2:30pm	\$115
Ninja White (ages 4-6) - Fundamental skills including safety rolls, vaulting, bar & wall moves, etc.	11am-12pm 12-1pm	4-5pm	4-5pm 5-6pm 6-7pm	4-5pm	4-5pm	\$140
Ninja White (ages 6-8) - Fundamental skills including safety rolls, vaulting, bar & wall moves etc.	Not yet available	5-6pm 6-7pm	5-6pm	5-6pm	4-5pm 5-6pm	\$140
Ninja White (ages 8-11) - Fundamental skills including safety rolls, vaulting, bar & wall moves etc.	Not yet available	Not yet available	6-7pm	6-7pm	5-6pm 6-7pm	\$140
Ninja White (ages 6-11) - Fundamental skills including safety rolls, vaulting, bar & wall moves			6-7pm			

ADULT CLASSES

Gymnastics Drop-in Age 16+ 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 A 1 hour class focusing on fundamental skills of cheerleading. Basic stunting and tumbling, jump technique and motions. Great intro to cheerleading!	MON	TUES	WED	THU	COST
Beginners Ages 6-8		5-6 pm		4-5pm	\$140.00
Beginners Ages 9-12			5-6 pm	5-6 pm	\$140.00
Half Year Term Ages 6-12	6-7:30pm		**13 week session**		\$315.00

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