



Session 4
 (April 25th - June 25th)
Pre-reg
March 14th
Public Registration
April 4th

GENERAL GYMNASTICS - CANGYM

This fun and energetic program incorporates standard gymnastics events such as bars, beam, vault, floor and trampoline.

		SAT	MON	TUE	WED	THU
For the beginner. No experience necessary.	Levels 1 - 2 1 hour \$155.00	10:00 am 11:00 am 12:00 pm 1:00 pm	11:00 am 4:00 pm 5:00 pm 6:00 pm	11:00 am 4:00 pm 5:00 pm 6:00 pm	4:00 pm 4:00 pm 5:00 pm 6:00 pm	4:00 pm 5:00 pm 6:00 pm
Prerequisite: Level 2	Levels 3 - 4.5 1.5 hour \$210.00	9:30 am 11:00 am 1:00 pm	4:00 pm 5:30 pm	4:00 pm 5:30 pm	4:00 pm 5:30 pm	4:00 pm 5:30 pm
Prerequisite: Level 4.5	Levels 5 - 6 2 hours \$265.00	12:30 pm	4:00 pm	4:00 pm 6:00 pm	4:00 pm 6:00 pm	4:00
Prerequisite: Level 6	Levels 7-12 2 hours \$265.00 (1x) \$380.00 (2x)			6:00 pm		6:00 pm

TRAMPOLINE & TUMBLING - CANJUMP

This fun and dynamic program consists of foundational trampoline and tumbling skills.

		SAT	MON	TUE	WED	THU
	Levels 1-2 1 hour \$155.00	11:00 am 1:00 pm		4:00 pm 5:00 pm	5:00pm 6:00 pm	4:00 pm
Prerequisite: Level 2	Levels 3-4 1 hour \$155.00			6:00 pm	4:00 pm	5:00 pm 6:00 pm
Prerequisite: Level 4	Levels 5-12 2 hour \$210.00			6:00 pm		

Pre-teen Gymnastics

For all levels. This class follows the Cangym program fundamentals. There is emphasis on skill development as well as confidence.

Pre-teen: 1.5 hour class | Ages 9 - 12 | \$210

Monday 6 - 7:30 pm

Teen Gymnastics

For all levels. This class follows the Cangym program fundamentals. There is emphasis on skill development as well as confidence.

Teen: 2 hour class | Ages 13+ | \$265

Monday 6:00 - 8:00 pm

Costs vary per session due to number of weeks

Class times may vary per session



CHEERLEADING

A great introduction to cheerleading. Focus on fundamental skills such as basic stunting and tumbling, jump technique and motions.

1 hour class | \$155.00

	SUN	MON	TUE	WED	THU
Barracks (Ages 6+)	1:00 pm			5:00 pm	

Prerequisite: **Base Camp (Ages 6+)**
Barracks Gold

HALF YEAR TEAM FORCE

A condensed 13 week program which runs January 24th - April 18th. Focus is on skill building in jumps, stunts and tumbling.

1.5 hour class | \$350.00

January 24th - April 18th

Monday 6 pm - 7:30

Parkour

Parkour classes will teach the fundamentals of parkour moves and techniques, including jumping, landing, rolling, vaulting, climbing, and falling safely.

	SAT	MON	TUE	WED	THU
Ages 5-12	12:00 pm				
	1:00 pm				
1 hour \$155.00					

Adult Class

Beginners and all levels welcome. Our Adult Program is designed to allow adults to participate in a gymnastics program and train on most gymnastics apparatus. This program is less formal and goal based. Our certified coaches will give you drills and progressions to help you meet your goals.

	SAT	MON	TUE	WED	THU
Ages 18+				7:00pm	
1.5 hour class \$210.00					