



Next sessions:
 Jan 26 - March 22
 April 11 - June 21

GENERAL GYMNASTICS - CANGYM

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

Online registration for next session begins Jan 3, 2019

		SAT	MON	TUE	WED	THU
For the beginner. No experience necessary.	Levels 1 - 2 1 hour \$150.00	10 am 11 am 12 pm 1 pm	10 am 11 am 4 pm 5 pm 6 pm	11 am 4 pm 5 pm 6 pm	4 pm 5 pm 6 pm	4 pm 5 pm 6 pm
Prerequisite: Level 2	Levels 3 - 4.5 1.5 hour \$185.00	11 am 1 pm	4 pm 5:30 pm	4 pm 5:30 pm	4 pm 5:30 pm	4 pm 5:30 pm
Prerequisite: Level 4.5	Levels 5 - 6 2 hours \$230.00	12:30 pm	4 pm 6 pm	4 pm 6 pm	4 pm 6 pm	4 pm 6 pm
Prerequisite: Level 6	Levels 7-12 2 hours \$230.00 (1x) \$335.00 (2x)		4 pm 6 pm	4 pm 6 pm	4 pm 6 pm	4 pm 6 pm

TRAMPOLINE & TUMBLING - CANJUMP

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

		SAT	MON	TUE	WED	THU
	Levels 1-4 1 hour \$150.00	11 am - -	4 pm 5 pm 6 pm	4 pm 5 pm 6 pm	4 pm 5 pm 6 pm	4 pm 5 pm -
Prerequisite: Level 4	Levels 5-12 2 hour \$230.00	10:30 am 12:30 pm	6 pm	6 pm	-	-

TUMBLING FOR DANCERS - ACRO

1 hour class | Ages 5+ | \$125.00

Saturday 2:30 pm

Wednesday at 6 pm & 7 pm

GYMNASTICS DROP IN

For all levels and abilities. All adults welcome.

Trampoline use is not permitted.

1 hour class | Ages 16+ | \$10.00 per class

No classes available at this time

Costs vary per session due to number of weeks

Class times may vary per session



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GYMNAESTRADA

Non-competitive demonstration group working on a themed group routine consisting of acro, gymnastics, cheer stunting and tumbling skills to present at GymFest

2 hour class | \$230.00 (plus travel, uniform, etc)

Prerequisite: Cangym level 5

Online registration for next session begins Jan 3, 2019

Starting Nov 14 - Wednesday from 6 - 8 pm

CHEER 101

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

1 hour class | \$150.00

	SAT	MON	TUE	WED	THU
Beginners (Ages 6 - 8)	-	-	5 pm	-	4 pm
Beginners (Ages 9-12)	-	-	-	5 pm	5 pm

NINJA ZONE

A combination of obstacle training, gymnastics, martial arts and freestyle movement.

	SAT	MON	TUE	WED	THU
Lil' Ninja (Ages 3-4) 45 mins \$125.00	9 am 11 am	- -	1:45 pm	-	1:45 pm
Ninja White (Ages 4 - 6) 1 hour \$150.00	10 am	4 pm	4 pm	4 pm	4 pm
Ninja White (Ages 6 - 8) 1 hour \$150.00	-	5 pm	5 pm 6 pm	5 pm	5 pm
Ninja White (Ages 8 - 11) 1 hour \$150.00	-	-	6 pm	6 pm	6 pm
Ninja White (Ages 6 - 11) 1 hour \$150.00	-	-	6 pm	-	-

*Costs vary per session due to number of weeks***

Class times may vary per session