



Next sessions:
 Jan 26 - April 4
 (No classes Mar 23 - 30)
 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 \$155.00	10 am 11 am 12 pm 1 pm	10 am 11 am 4 pm 5 pm 6 pm	10 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 \$190.00	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 \$240.00	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 \$240.00 (1x) \$345.00 (2x)		4 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 \$155.00	11 am - -	4 pm 5 pm 6 pm	- 5 pm 6 pm	- 5 pm 6 pm	4 pm 5 pm 6pm -
Prerequisite: Level 4	Levels 5-12 2 hour \$235.00	12:30 pm	6 pm	6 pm	-	-

TUMBLING FOR DANCERS - ACRO

1 hour class | Ages 5 + | \$130.00

Saturday 2:30 pm

Wednesday at 6 pm & 7 pm

GYMNAESTRADA

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

2 hour class | \$240.00 (plus travel, uniform, etc)

Prerequisite: Cangym level 5

Wednesday 6 pm - 7:30 pm

Costs vary per session due to number of weeks

Class times may vary per session



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Teen Gymnastics

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

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2 hour class | Ages 12+ | \$240.00

Monday 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 | \$155.00

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

HALF YEAR CHEER

Students learn all the fundamentals of cheerleading including stunting, beginning tumbling, jumps, motions, dance, and formations. This class welcomes a variety of skill levels from beginners and on!

1.5 hour class | Ages 8 - 12 | \$335.00 (13 weeks)

Monday 6 - 7:30 pm

FreeStyle Gymnastics

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

	SAT	MON	TUE	WED	THU
FreeStyle (Ages 3-4) 45 mins \$130.00	9:15 am 11 am	- -	1:45 pm	-	1:45 pm
FreeStyle (Ages 4 - 6) 1 hour \$155.00	10 am 12 pm	4 pm	4 pm	4 pm	4 pm
FreeStyle (Ages 6 - 8) 1 hour \$155.00	-	5 pm 6 pm	5 pm 6 pm	5 pm	5 pm
FreeStyle (Ages 8 - 11) 1 hour \$155.00	-	-	6 pm	6 pm	6 pm

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

Class times may vary per session