

(780) 539-1414  
 www.grandeprairiegymnastics.com  
 info@gpgymniks.com



**Next session:**  
 April 11 - June 12  
 Public Registration  
 March 14

## GENERAL GYMNASTICS - CANGYM

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

		SAT	MON	TUE	WED	THU
For the beginner. No experience necessary.	<b>Levels 1 - 2</b> 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 6 pm	4 pm 5 pm	4 pm 5 pm 6 pm
Prerequisite: Level 2	<b>Levels 3 - 4.5</b> 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	<b>Levels 5 - 6</b> 2 hours   \$240.00	12:30 pm	4 pm	4 pm 6 pm	4 pm 6 pm	
Prerequisite: Level 6	<b>Levels 7-12</b> 2 hours   \$240.00 (1x) \$345.00 (2x)		4 pm	4 pm 6 pm	6 pm	

## TRAMPOLINE & TUMBLING - CANJUMP

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

		SAT	MON	TUE	WED	THU
	<b>Levels 1-4</b> 1 hour   \$155.00	12 pm	4 pm 5 pm 6 pm	4 pm 5 pm	5 pm 6 pm	4 pm 5 pm
Prerequisite: Level 4	<b>Levels 5-12</b> 2 hour   \$235.00		6 pm	6 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
<b>Beginners (Ages 6 - 8)</b>	-	-	5 pm	-	4 pm
<b>Beginners (Ages 9-12)</b>	-	-	-	5 pm	-

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

\*\*\*Class times may vary per session\*\*\*



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### **Pre-teen & 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 - 11 | \$190.00  
 Monday 6 - 7:30 pm  
 Teen: 2 hour class | Ages 12+ | \$240.00  
 Monday 6 - 8 pm

### **TUMBLING FOR DANCERS - ACRO**

1 hour class | Ages 6+ | \$130.00  
 Saturday 2:30 pm  
 Wednesday 7 pm

### **FreeStyle Gymnastics**

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

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

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

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## KINDERGYM LICENSED PRE-SCHOOL PROGRAMS

The pre-kindergarten program combines pre-school activities such as stories and crafts with 45 minutes of gymnastics.  
 Kids ages 3 - 5 | 2.5 hour classes once or twice a week

- Mon / Wed 9:15 -11:45 AM or 12:45 -3:15 PM - \$465.00
- Tue / Thu 9:15 -11:45 AM or 12:45 -3:15 PM - \$480.00
- Fri 9:15 - 11:45 AM - \$210.00

Online registration is not available for this program. Please contact the front desk at (780) 539-1414

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## ACTIVE START PROGRAMS

The Active Start classes develop gross motor skills using circuits on various gymnastics equipment. Parents participate with children ages walking - 3 years old.  
 Kids ages 4 and under

	SAT	MON	TUE	WED	THU
<b>Walking – 2 years</b> Parented   30 mins \$95.00	9:15 am	9:30 am		9:30 am	
<b>2 – 3 years</b> Parented   45 mins \$130.00	9:15 am 10 am 11 am	9:30 am 10:15 am 11 am	9:30 am 10:15 am 11 am	9:30 am 10:15 am 11 am	9:30 am 10:15 am 11 am
<b>3 - 4 years</b> Non-parented   45 mins \$130.00	10 am 11 am 12 pm	9:30 am 10:15 am 11 am 1 pm 6 pm	9:30 am 10:15 am 11 am 1 pm 5 pm	9:30 am 10:15 am 11 am 5 pm 6 pm	9:30 am 10:15 am 11 am 1 pm

\*\*\*NEW EVENING CLASSES FOR 3 - 4 year olds\*\*\*

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## TINY CHEER

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

45 min class | \$130.00

**Ages 3 - 4** Sunday at 10:15 am  
**Ages 5 - 6** Sunday at 11:00 am