



Next session:  
 September 7 - November 7  
 Public Registration  
 June 15

## 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	10 am	11 am	4 pm	4 pm
		11 am	4 pm	4 pm	5 pm	5 pm
		12 pm	5 pm	5 pm	6 pm	6 pm
		1 pm	6 pm	6 pm		
Prerequisite: Level 2	<b>Levels 3 - 4.5</b> 1.5 hour   \$210.00	11 am	4 pm	4 pm	4 pm	4 pm
		1 pm	5:30 pm	5:30 pm	5:30 pm	5:30 pm
Prerequisite: Level 4.5	<b>Levels 5 - 6</b> 2 hours   \$265.00	12:30 pm	4 pm	4 pm	4 pm	4 pm
			6 pm	6 pm	6 pm	6 pm
Prerequisite: Level 6	<b>Levels 7-12</b> 2 hours   \$265.00 (1x) \$380.00 (2x)		4 pm	4 pm	4 pm	4 pm
				6 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	11 pm	5 pm	5 pm	4 pm	4 pm
			6 pm	6 pm	5 pm	5 pm
Prerequisite: Level 4	<b>Levels 5-12</b> 2 hour   \$265.00	12:30 pm	6 pm	6 pm		

## 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

Thursday 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

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

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



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## CHEER 101 / CHEER 102

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
Beginners (Ages 6 - 8)	12 pm	-	4 pm	-	4 pm
Beginners (Ages 9-12)	-	5 pm	-	-	5 pm
Cheer 102 (Ages 7-12) Prerequisite Cheer 101 \$170.00					6 pm

## HALF YEAR TEAM FORCE

A half year team which runs September - December

1.5 hour class | \$350.00

Monday 6 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 6 pm	5 pm	5 pm	5 pm
<b>FreeStyle (Ages 8 - 11)</b> 1 hour   \$155.00	-	-	6 pm	6 pm	6 pm

The purchase of a FreeStyle T-Shirt is required (\$25.00)

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

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