



Next session:
 September 5th -
 November 5th
Public Registration
August 3rd

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.	Levels 1 - 2 1 hour \$155.00	10:00 am 11:15 am 12:30 pm 1:45 pm	11:30 am 4:00 pm 6:00pm	11:30 am 4:00 pm 6:00 pm	4:00 pm 6:00 pm	4:00 pm 6:00 pm
Prerequisite: Level 2	Levels 3 - 4.5 1.5 hour \$210.00	9:30 am 12:30 pm	4:00 pm 6:00 pm	4:00 pm 6:00 pm	4:00 pm 6:00 pm	4:00 pm 6:00 pm
Prerequisite: Level 4.5	Levels 5 - 6 2 hours \$265.00	12:30 pm	6:00 pm	4:00 pm	6:00 pm	4:00 pm
Prerequisite: Level 6	Levels 7-12 2 hours \$265.00 (1x) \$380.00 (2x)		4:00 pm	6:00 pm	4:00 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 1-4 1 hour \$155.00	11:15 pm	6:00pm	4:00 pm	4:00 pm 6:00 pm	
Prerequisite: Level 4	Levels 5-12 2 hour \$210.00			6pm		

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 | \$210.00

Monday 6 - 7:30 pm

Teen: 2 hour class | Ages 12+ | \$265.00

Monday 6 - 8 pm

Costs vary per session due to number of weeks

Class times may vary per session



Next session:
September 5th -
November 5th

Public Registration
August 3

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
Cheer 101 (Ages 6 - 8)	1:00 pm		-	-	
Cheer 101 (Ages 9-12)	-	-	-	5:00 pm	
Cheer 102 (Ages 6-12)					

HALF YEAR TEAM FORCE

A condensed 13 week program which runs September 14th - December 11th. Focus is on skill building in jumps, stunts and tumbling.

1.5 hour class | \$350.00
Sept 14th - December 11th
Monday 6 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 \$180.00	9:00 am				
FreeStyle (Ages 4 - 6) 1 hour \$190.00					4:00 pm
FreeStyle (Ages 6 - 8) 1 hour \$190.00	-			6:00 pm	

A FreeStyle T-Shirt is available for \$15.00

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

Class times may vary per session