



GENERAL GYMNASTICS - CANGYM

This fun and energetic program incorporates standard gymnastics 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	11:00 am	11:00 am		
		11:00 am	4:00 pm	4:00 pm	4:00 pm	4:00 pm
		12:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm
		1:00 pm	6:00 pm	6:00 pm	6:00 pm	6:00 pm
Prerequisite: Level 2	Levels 3 - 4.5 1.5 hour \$210.00	9:30 am	4:00 pm	4:00 pm	4:00 pm	4:00 pm
		11:00 am	5:30 pm	5:30 pm	5:30 pm	5:30 pm
		1:00 pm				
Prerequisite: Level 4.5	Levels 5 - 6 2 hours \$265.00	12:30 pm	4:00 pm	4:00 pm	4:00 pm	4:00
			6:00 pm	6:00 pm	6:00 pm	
Prerequisite: Level 6	Levels 7-12 2 hours \$265.00 (1x) \$380.00 (2x)			6:00 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 1-2 1 hour \$155.00	11:00 am	4:00 pm 5:00 pm		4:00 pm 5:00 pm	4:00 pm
Prerequisite: Level 2	Levels 3-4 1 hour \$155.00		6:00 pm		6:00 pm	5:00 pm 6:00 pm
Prerequisite: Level 4	Levels 5-12 2 hour \$210.00			6:00 pm		

Pre-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 - 12 | \$210

Monday 6 - 7:30 pm

Costs vary per session due to number of weeks

Class times may vary per session



Fall session:
Sept 13th - Nov 13th
Pre-reg
June 28th
Public Registration
July 5th

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
Barracks (Ages 6+)	1:00 pm			5:00 pm	
Prerequisite: Base Camp (Ages 6+) Barracks Gold	2:00 pm				

HALF YEAR TEAM FORCE

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

1.5 hour class | \$350.00
September 13th - December 13th
Monday 6 pm - 7:30
