

Register Online: grandeprairiegymnastics.uplifterinc.comEmail: info@gpgymnastics.com | Phone: (780) 539-1414**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 | FRI |
|--|--|---|---|---|-------------------------------|-------------------------------|-----|
| For beginner. No experience necessary. | Levels 1 - 2 1 hour \$170.00 | 10:00 am 11:00 am 12:00 pm 1:00 pm | 11:00 am 4:00 pm 5:00 pm 6:00 pm | 11:00 am 4:00 pm 5:00 pm 6:00 pm | 4:00 pm 5:00 pm 6:00 pm | 4:00 pm 5:00 pm 6:00 pm | |
| Prerequisite: Level 2 | Levels 3 - 4.5 1.5 hour \$225.00 | 11:00 am 1:00 pm | 4:00 pm 5:30 pm | 4:00 pm 5:30 pm | 4:00 pm 5:30 pm | 4:00 pm 5:30 pm | |
| Prerequisite: Level 4.5 | Levels 5 - 6 2 hours \$285.00 | 12:30 pm | 4:00 pm | 4:00 pm | 4:00 pm | 4:00 pm 6:00 pm | |
| Prerequisite: Level 6 | Levels 7-12 2 hours \$400.00 (2x a week) | | 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 \$170.00 | 1:00 pm | | 4:00 pm 5:00 pm | 5:00pm 6:00pm | |
| Prerequisite: Level 2 | Levels 3-4 1 hour \$170.00 | 12:00 pm | | 6:00 pm | 4:00 pm | |
| Prerequisite: Level 4 | Levels 5-12 2 hour \$285.00 | | | 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 10 - 12 | \$225

Tuesday 6 - 7:30 pm

Saturday 1 - 2:30 pm

Teen Gymnastics

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

Teen: 2 hour class | Ages 13+ | \$285

Tuesday 6:00 - 8:00 pm



CHEERLEADING

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

1 hour class | \$170.00

| | SUN | MON | TUE | WED | THU |
|---------------------------|---------------|-----|-----|---------------|-----|
| Barracks (Ages 6+) | 1:00pm | | | 5:00pm | |

Parkour

Parkour classes will teach the fundamentals of parkour including; jumping, landing, rolling, vaulting, climbing and falling safely.

| | | |
|----------------------|-----------------|---------|
| | | Fri |
| | Levels 1 - 2 | 4:00 PM |
| | 60 Mins \$170 | 5:00 PM |
| Prerequisite: | Levels 3 - 4 | 6:00 PM |
| Level 2 | 60 Mins \$170 | |
| Prerequisite: | Levels 5 - 12 | 7:00 PM |
| Level 4 | 60 Mins \$170 | |

Adult Class

Beginners and all levels welcome. Our Adult Program is designed to allow adults to participate in a gymnastics program and train on most gymnastics apparatus. This program is less formal and goal based. Our certified coaches will give you drills and progressions to help you meet your goals.

| | SAT | MON | TUE | WED | THU |
|---------------------------|-----|--------|-----|-----|-----|
| Ages 18+ | | 7:00pm | | | |
| 1.5 hour class \$225.00 | | | | | |

Home School Groups Offered - Please contact our front desk for more information

Session Four Info:

Classes Run: April 20th to June 21st

No classes May 20th | There will be a make up class June 24th

*Pre-registration: April 8th

Public Registration: April 15th

*Pre-Registration is for athletes enrolled in the previous recreational session