

# Ages 5+



**Session 2**  
**November 18 - February 2**

Register online: [grandeprairiegymnastics.uplifterinc.com](http://grandeprairiegymnastics.uplifterinc.com)  
Email: [info@gpgymnastics.com](mailto:info@gpgymnastics.com) | Phone: +1 (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	Tues	Wed	Thurs
<b>For beginner. No experience necessary.</b>	Levels 1 - 2 60 Mins   \$170	10:00 AM	11:00 AM	11:00 AM	4:00 PM	4:00 PM
		11:00 AM	4:00 PM	4:00 PM	5:00 PM	5:00 PM
		12:00 PM	5:00 PM	5:00 PM	6:00 PM	6:00 PM
		1:00 PM	6:00 PM	6:00 PM		
<b>Prerequisite: Level 2</b>	Levels 3 - 4.5 90 Mins   \$225	11:00 AM	4:00 PM	4:00 PM	4:00 PM	4:00 PM
		1:00 PM	5:30 PM	5:30 PM	5:30 PM	5:30 PM
<b>Prerequisite: Level 4.5</b>	Levels 5 - 6 120 Mins   \$285	12:30 PM	4:00 PM	4:00 PM	4:00 PM	4:00 PM
						6:00 PM
<b>Prerequisite: Level 6</b>	Levels 7 - 12 120 Mins   \$400 (2x per week)		4:30 PM		4:30 PM	

## TRAMPOLINE & TUMBLING - CANJUMP

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

		Sat	Mon	Tues	Wed
	Levels 1 - 2 60 Mins   \$170	11:00 AM		4:00 PM	5:00 PM
		1:00 PM		5:00 PM	6:00 PM
<b>Prerequisite: Level 2</b>	Levels 3 - 4 60 Mins   \$170	12:00 PM		6:00 PM	4:00 PM
<b>Prerequisite: Level 4</b>	Levels 5 - 12 120 Mins   \$285			6:00 PM	

## Session Two Info:

Classes Run: November 18 - February 2

Christmas Break (No Classes): December 23 - January 5

\*Pre-Registration: October 30

Public Registration: November 6

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

## Session 2

### November 18 - February 2



Register online:  
[grandeprairiegymnastics.uplifterinc.com](https://grandeprairiegymnastics.uplifterinc.com)

### PRE-TEEN GYMNASTICS

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

90 Mins | Ages 10-12 | \$225

**Tuesday:** 6 - 7:30 PM | **Saturday:** 1 - 2:30 PM

### TEEN GYMNASTICS

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

120 Mins | Ages 13-17 | \$285

**Tuesday:** 6 - 8 PM

### ADULT GYMNASTICS

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

90 Mins | Ages 18+ | \$225

**Monday:** 7 - 8:30 PM

### PARKOUR

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

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

### CHEERLEADING

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

#### Beginner Cheerleading - Barracks

	Sun	Mon	Tues	Wed
Ages 6+	1:00 PM			5:00 PM
60 Mins   \$170				

#### Force (Ages 6+) - \*Half-Year Term\*

**January 14, 2024 - April 14, 2024**

90 Mins | \$370

**Ages 6-9:** Sunday 2:15 pm - 3:45 pm

**Ages 10-14:** Monday 6:00 pm - 7:30 pm

#### Other Offers:

Home School Groups, School Groups, Birthday Parties, Private Lessons, Private Assessments. Please call our office for more information.