

## Capital City Gymnastics Winter 2012

2011	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Tumblebugs</b> 12-24 months	9:30-10:15	9:30-10:15	11:15-12:00				<b>Burg/Red</b> 5.6-8 years 1 hr	4:30-5:30 5:30-6:30 6:30-7:30	5:30-6:30		1:30-2:30 2:30-3:30 3:30-4:30	4:30-5:30 5:30-6:30 6:30-7:30	9:30-10:30 10:45-11:45 11:45-12:45
<b>Parent &amp; Tot</b> 2-3.8 years	9-10 10-11 1-2 2-3 5:30-6:30 6:30-7:30	9-10 10-11 11-12 1-2 2-3	10-11 11-12 2-3 5-6 6-7	9-10 10-11 11-12 5:30-6:30 6:30-7:30	10-11 11-12	9:30-10:30 10:45-11:45	<b>Tan/Bronze</b> 7 & up 1.5 hr	4:30-6:00 6:00-7:30	4:30-6:00 6:00-7:30		4:30-6:00 6:00-7:30	4:30-6:00 6:00-7:30	9:30-11:00 11:00-12:30
<b>Tots</b> 3.8-5.5 years	10-11 1-2 2-3 5:30-6:30 6:30-7:30	9-10 10-11 11-12 1-2 2-3	10-11 11-12 2-3 5-6 6-7 9:00-9:45	9-10 10-11 11-12 1:30-3:30 2:30-3:30 5:30-6:30 6:30-7:30	10-11 11-12	9:30-10:30 10:45-11:45	<b>Purple/Blue</b> Girls Only 2 hr  <b>Turq/Silver OR</b> Orange/Gold 2 hr		4:30-6:30 6:30-8:30		4:30-6:30 6:30-8:30		12-2   12-2
<b>Adult Stretch</b>													
<b>Super Tots</b> 4-5.5 years	10:15-11:45 1:30-3:00	10:15-11:45	4:30-6:00 6:00-7:30		1:30-3:00	10:00-11:30	<b>** Advanced</b> <b>Boys Class</b> 1.5 hr 2x/week 8yrs and up		4:30-6:00		4:30-6:00		
<b>**Advanced</b> <b>Super Tots</b> 4-6 years		1:30-3:00	9:45-11:15	4:30-6:00 6:00-7:30		11:30-1:00	<b>** Mini</b> <b>Achievement L1</b> 1.5 hr/week 6-8 years	4:30-6:00		4:30-6:00	4:30-6:00		12:00-1:30
<b>**Elite Petites</b> 1.5 hr 2x/wk	#3 4:30-6:00	#1 6:00-7:30	#3 4:30-6:00 #2 1:00-2:30	#1 6:00-7:30	#2 1:00-2:30		<b>** Mini</b> <b>Achievement L2</b> 1.5 hr 2x/week 7-10 years	#1 6:00-7:30	#2 6:00-7:30	#1 6:00-7:30	#2 6:00-7:30		
<b>Rhythmic &amp; Artistic</b> 4.5 – 6yrs (1.5hr)			1:15-2:45				<b>** Achievement</b> <b>Girls</b> 2 hr 2x/week 10 years and up		6:30-8:30		6:30-8:30		
<b>Rhythmic</b> <b>Beginner</b> 5-8 years					5:30-6:30		<b>Tramp &amp; Tumbling</b> <b>Beginner</b> 8 years and up	4:30-6:30	4:30-6:30	4:30-6:30			
<b>Rhythmic</b> <b>Intermediate</b> 7-9 years					6:30-7:30		<b>Tramp &amp; Tumbling</b> <b>Intermediate</b> 9 years and up		6:30-8:30	6:30-8:30	6:30-8:30		
<b>**Rhythmic</b> <b>Advanced</b> 9 years and up					7:30-9:00		<b>Tramp &amp; Tumbling</b> <b>Advanced</b> 10 years and up		6:30-8:30				
<b>**Hot Shots</b> <b>Boys only</b> Copper 1.5hr/wk Bronze 2 hrs/wk Silver 1.5hr (2x) Gold 2hr (2x)		5:30-7:00 (S) 5:30-7:30 (G)		5:00-6:30 (C)			<b>Cheer Tumbling</b> 9yrs and up *Girls only  <b>PARKOUR</b>	5:00-7:00 Ages 10-15 7:00-9:00 Ages 16 and up		6:30-8:30	<b>Adult class</b> 18 and up  7:00-8:30		

**\*\*Indicates By invitation only**

**Note: You will not be able to register online from home for these classes. Registration will only be available via phone or in person.**

### COSTS


**\* Rhythmic Friday nights will run until April 27<sup>th</sup> \***

45 min = \$130    1.25 hour = \$205    2 hour = \$330    4 hour = \$625  
1 hour = \$170    1.5 hour = \$250    3 hour = \$480

## GENERAL GYM INFORMATION

- Children must be the minimum age within one month of the class start date for **ALL** programs. Any exceptions must be validated by the Recreational Coordinator
- All classes are subject to change due to registration numbers and coaching availability
- The Alberta Gymnastics Federation fee (\$25) is non-refundable
- Cancellation prior to the session start date will be given a refund or credit of the class cost less a \$20 administration fee
- Cancellation before the third class will also be given a refund or credit of the class cost less the cost of the classes attended and the \$20 administration fee
- There will be **NO** refunds after the start of the third class
- There will be **NO** make up classes offered
- NSF cheques will have a surcharge of \$25 applied to the NSF payment
- **Note:** we charge \$5 for reprinting of receipts, so be sure to keep all of your receipts



- A bodysuit or shorts/sweats and a t-shirt are preferred attire for classes. Avoid clothing with buttons, snaps, zippers, or anything that could catch on equipment
  - Bodysuits are available for purchase at the gym but are not required
  - Long hair should always be tied back
  - **NO** jewelry, **NO** gum, **NO** shoes or socks
  - Please be sure to cover all warts with a Band-Aid or athletic tape
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- For the safety of your child please remain with them until they are on the gym floor with their coach. As well, please help your child to learn who their coach is and their name
  - Please do your best to be on time for all classes. Please also be sure your child waits on the benches and stays off any equipment until their coach starts class
  - Also ensure prompt pick-up as many of our classes run back to back so it can get a little congested in the foyer area
  - Please observe classes from the viewing area upstairs
  - To ensure your child's safety please refrain from speaking to them while they are in class.



- In order to help keep our facility clean please remember to remove all outdoor footwear on the carpets in the foyer area before entering the gym



## Winter 2012

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### CLASS DATES

**Monday:** Jan 9-Apr 16(No Class Feb 20, Mar 26, Apr 9)

**Tuesday:** Jan 10-Apr 3 (No Class Mar 27)

**Wednesday:** Jan 11-Apr 4 (No Class Mar 28)

**Thursday:** Jan 12-Apr 12 (No Class Jan 19, Mar 29)

**Friday:** Jan 13-Apr 20(No Class Jan 20, Mar 30, Apr 6)

**Saturday:** Jan 14-Apr 14 (No Class Jan 21, Mar 31)

### PLEASE NOTE

- AGF Annual Fee is not included in prices (\$25) and is valid from July 2011 – June 2012.
- Classes are subject to change due to registration numbers and coaching availability
- 10% discount will apply to families who train 5 or more hours per week in the recreational program
  - \*\* Indicates by invitation only
- All classes are once a week unless otherwise noted
- See our website or check at the office about our drop in adult classes.