

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 2010

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CLASS DATES

Monday. Jan 11 – Apr 26 (No Classes Feb 15, Apr 5)

Tuesday: Jan 12 – Apr 13

Wednesday: Jan 13 – Apr 14

Thursday: Jan 14 – Apr 22 (No Class Jan 21)

Friday: Jan 15 – Apr 30 (No Classes Jan 22, Apr 2)

Saturday: Jan 16 – Apr 24 (No Class Jan 23)

PLEASE NOTE

- Alberta Gymnastics Federation Annual Fee is not included in prices (\$25). AGF fee is valid September-September.
- Classes are subject to change due to registration numbers and coaching availability
- 10% discount will apply to families who train a total of 5 or more hours per week in the recreational program
 - ** Indicates by invitation only
- All classes are once a week unless otherwise noted

Capital City Gymnastics Winter 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tumblebugs 12-24 months	9:45-10:30	11:15-12	9:45-10:30		11:15-12:00		Burg/Red 6-8 years 1 hr	4:30-5:30 5:30-6:30 6:30-7:30	4:30-5:30 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 10:45-11:4
Parent & Tot 2-3 years	9-10 10-11 11-12 1-2 2-3 5:30-6:30 6:30-7:30	9-10 10-11 11-12 1-2 2-3	9-10 10-11 11-12 1-2 2-3 5-6 6-7	9-10 10-11 11-12 1:30-2:30 5:30-6:30 6:30-7:30	10-11 11-12 1-2 2-3	9:30-10:30 10:45-11:45	Tan/Bronze 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 12:30-2:00
Tots 4-5 years	9-10 10-11 11-12 1-2 2-3 5:30-6:30 6:30-7:30	9-10 10-11 11-12 1-2 2-3	9-10 10-11 11-12 1-2 2-3 5-6 6-7	9-10 10-11 11-12 2:30-3:30 3:30-4:30 5:30-6:30 6:30-7:30	10-11 11-12	9:30-10:30 10:45-11:45	Purple/Blue Girls Only 2 hr Purple/Blue Boys Only 2 hr	6:30-8:30	4:30-6:30 6:30-8:30	6:30-8:30		4:30-6:30	12-2
Super Tots 4-5 years	10:30-12:00 1:30-3:00	9:45-11:15	6:00-7:30		9:45-11:15 1:30-3:00	10:00-11:30	Turq/Silver OR Orange/Gold 2 hr		6:30-8:30				12-2
**Advanced Super Tots 4-5 yrs		1:30-3:00		4:30-6:00 6:00-7:30		11:30-1:00	** Mini Achievement L1 1.5 hr/week	4:30-6:00	4:30-6:00	4:30-6:00			
**Elite Petites 2 hr 2x/wk	#1 1-3	#2 5:30-7:30	#1 1-3 #3 4:30-6:30	#2 5-7		#3 12-2	**Mini Achievement L2 1.5 hr 2x/week	6:30-8:00		6:30-8:00			
Rhythmic & Artistic 4.5-6 yrs			10:30-11:30 2:00-3:00				**Achievement Girls 2 hr/week		6-8				
Rhythmic #1 6 yrs & Up (1hr)			11:30-12:30				**Hot Shots Boys only Copper 1.5hr/wk Bronze 2 hrs/wk Silver 1/5hr 2x/wk			4:30-6:00 5:30-7:30 6:00-7:30		4:30-6:00 5-7 6:00-7:30	
Rhythmic #2 5-7yrs All levels (1hr)					5-6		Tramp & Tumbling Beginner	4:30-6:30	4:30-6:30	4:30-6:30 6:30-8:30	6:30-8:30		
Rhythmic #3 8 yrs & Up (1hr)					6-7		Tramp & Tumbling Intermediate	6:30-8:30	6:30-8:30		6:30-8:30		
Rhythmic #4 8 yrs & Up Performing Group (1.5hr)					7:00-8:30		Tramp & Tumbling Advanced		6:30-8:30				
Demo Team 9 yrs & Up	SEE PAMPHLET						Cheer Tumbling	7-9			6:30-8:30		Sunday 5:30-7:30

COSTS

****Indicates By invitation only**

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