



Recreational Gymnastics Schedule 2025/2026



Classes will run from September 6, 2025-June 30, 2026

Times & class availability are subject to change based on registration.



Facebook.com/Capital-City-Gymnastics-Centre



@CapCityGym



780-469-0662



4130 101street NW Edmonton, AB

All fees will be posted on the first of each month.

If your class falls on a holiday or closure date, your fees will be pro-rated accordingly each month.

45-minute class: \$17.25/class

1-hour class: \$23/class

1.5-hour class: \$34.50/class

2-hour class: \$46/class

AGF Insurance

(July 1 - June 30)

***Not included in fees**

All Classes: \$55/year

Please Note:

- * Indicates by invitation / recommendation only
- NO CLASSES on Statutory Holidays. Any class cancellations will be posted on our website/social media for your reference.

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Preschool Drop In		10-11:30					
All Ages Drop In				1-2:30		5-6:30	3-4:30
Teen/Adult Drop In	8:30-10			8:30-10	8:30-10		
Tumble Bugs <i>Ages 12-24 months</i>		9:15-10				9-9:45 10-10:45	9:30-10:15
Parent & Tot <i>Ages 2-3 years</i>	10:30-11:30			4:30-5:30 5:45-6:45		9-10 10-11 11-12	9:30-10:30 10:30-11:30
Mini Tots (unparented) <i>Ages 3-4 years</i>	11:30-12:15		4:30-5:15	5-5:45		9-9:45 11-11:45	10:30-11:15
Tots <i>Ages 4-5 years</i>	4:30-5:30			4-5		10-11 11-11:45 12-1	9:30-10:30 10:30-11:30 11:30-12:30
Supertots* <i>Ages 5-6 years</i>	5-6:30	1-2:30		5:30-7	4:30-6	9-10:30 11-12:30 1-2:30	11:30-1
Elite Petites* <i>GIRLS Ages 5-6 years</i>		4:30-6:30				11-1	
Hot Shots* <i>BOYS Ages 5-7 years</i>				4:30-6:30		9-11	
Homeschool Beginner (Badge 1-4) Ages 6+	1-2:30	1-2:30					
Mini Team* GIRLS 7-9 years	4:30-6:30		4:30-6:30				10:30-12:30
Junior Team* GIRLS 9-12 years	6:30-8:30			6:30-8:30		1-3	

Don't forget to check out our upcoming Camps, Special Events, and Kids Night Outs!

Visit www.capcitygym.com for prices, registration, and more info

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Burgundy/Red (Badge 1&2)	6:30-7:30		5:15-6:15	3-4	4:30-5:30	10:30-11:30 12-1	9:30-10:30 2-3
Tan*(Badge 3)	4:30-6	6-7:30	4:30-6	3-4:30		11-12:30	9:30-11
Bronze*(Badge 4)	6-7:30	4:30-6	6-7:30		6-7:30	1-2:30	11-12:30
Purple*(Badge 5) GIRLS				4:30-6:30	5:30-7:30		9:30-11:30
Blue*(Badge 6) GIRLS		6:30-8:30		6:30-8:30	5-7		1-3
Boys Advanced* (Badges 5+)						11-1	
Girls Advanced* (Badges 7+)	6-8		6-8				
T&T Beginner (Steps 1 & 2)					7:30-8:30	10-11	10:30-11:30 1-2
T&T Intermediate* (Steps 3 & 4)					6:30-8:30		1-3
T&T Advanced* (Steps 5+)							1-3
Cheer Tumbling Ages 10+				7-8:30			
Creative Movement (Dance) Ages 3-5yrs							
Rainbow Rhythmic Ages 4-5	5:30-6:30				4:30-5:30		10:30-11:30
Beginner Rhythmic Ages 6-9					5:30-7		11:30-1
Teen Class Ages 10-15 years	6:30-8	6:30-8	7-8:30	7-8:30	7-8:30		11:30-1
Adult Artistic Ages 16+		8:30-10					
Adult T&T Ages 16+			8:30-10				

A HUGE thank you to our sponsors!



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