



CANMORE ILLUSIONS GYMNASTICS CLUB

Registration will open on zone4 at 7:00 a.m. August 18, 2017

Recreation classes start Saturday, September 16.

Classes will run for 13 weeks unless otherwise stated. Saturday classes will run for 12 weeks.

NO class: October 7, 8 & 9 (Thanksgiving), October 31 (Halloween) and November 10, 11 & 12 (Remembrance Day.) Recreation classes begin September 16 and end December 19. Each class participant will have to pay \$45 AGF fees. AGF insurance is valid from July 1, 2017 to June 30, 2018.

2017 FALL PROGRAMS

CO-ED PRESCHOOL

Parent & Tot: A structured parent participation class for 2 year olds.
Wednesdays | 9:00-9:30 | \$156

Hotshots: A structured parent participation class for 3 year olds.
Mondays | 1:30-2:15 p.m. | \$208
Wednesdays | 9:30-10:15 | \$208
Saturdays | 9:00-9:45 | \$192

Munchkins: Through games and activities, 4 and 5 year olds will learn the basics of gymnastics.
Mondays | 2:30-3:15 | \$208
Tuesdays | 9:30-10:15 | \$208
Thursdays | 9:30-10:15 | \$208
Saturdays | 9:45-10:30 | \$192

Cubs: An after school class for 5 year olds attending full day school. Participants will learn the basics of gymnastics and work on preparation for the Recreational programs.
Mondays | 3:45-4:45 | \$247
Saturdays | 10:30-11:30 | \$228

Elite Petite: Girls (ages 4-5)
Entrance by invitation or evaluation. An advanced girl's pre-school class.
Mondays & Wednesdays | 1:00-3:00
\$468

Advanced Boys Pre-school:
Boys (ages 4-5) By invitation only. An advanced boys pre-school class.
Wednesdays | 1:30-3:00 | \$273



RECREATIONAL

Co-ed Beginner Program:
An introductory level program for children ages 6+. Suitable for newcomers to gymnastics! Participants will begin working through the Can-Gym badge system.

Burgundy/Red Badge: 6 - 8 years
Mondays | 3:45-4:45 | \$247
Mondays | 4:45-5:45 | \$247
Tuesdays | 3:45-4:45 | \$247
Thursdays | 3:45-4:45 | \$247
Saturdays | 11:30-12:30 | \$228

Girls Intermediate Program:
An intermediate Can-Gym badge program running 1 or 2 days a week for girls only. Participants will be able to build on prior gymnastics skills.

Tan Badge: Girls all ages
Tuesdays | 4:45-6:00 | \$260
Thursdays | 4:45-6:00 | \$260

Bronze Badge: Girls all ages
Mondays | 4:45-6:00 | \$260
Tuesdays | 6:00-7:15 | \$260
Thursdays | 6:00-7:15 | \$260

Girls Advanced Program:
Purple Badge: Girls all ages
Tuesdays & Thursdays | 3:45-4:45
\$390

Blue Badge: Girls all ages
Tuesdays & Thursdays | 4:45-6:15
\$442

Boys Intermediate Program:
An intermediate Can-Gym badge program for boys only. Participants will learn the basics of Men's Gymnastics through various fun and focused activities.
Mondays | 5:45-7:00 | \$260

Teen Gymnastics:
Girls ages 12+ will work on gymnastics skills and physical fitness. Participants will be able to set and work towards individual goals, learning at their own pace.
Tuesdays | 7:15-8:45 | \$280
Thursdays | 7:15-8:45 | \$280



COMING SOON
CLASSES FOR
PARKOUR,
TRAMPOLINE,
AND
TEEN DROP-IN

PROGRAM OFFERINGS

Skills Development:
Girls all ages. Cartwheel pre-requisite.
Mondays | 7:00-8:15 | \$260

CO-ED DROP-IN

An unstructured movement exploration program with a qualified supervisor. Safety rules are strictly enforced. Programs available for various age groups ranging from toddlers to adults.

Parent and Tot:
Tuesdays, Wednesdays, Thursdays
10:30-11:30
\$5/drop in or \$40/10 punch

Kids: 4 - 11 years
Saturdays | 1:00-2:30
\$10/drop in or \$90/10 punch

SPECIALTY PROGRAMS

CIGC also offers a variety of community based programs including customized sport group training, camps, school groups and private gym rentals. Please email admin@canmoregymnastics.com to learn more.



Register at <https://zone4.ca/register.asp?id=15778>