



CANMORE ILLUSIONS GYMNASTICS CLUB

Registration will open on zone4 at 7:00 a.m. December 6, 2017

Recreation classes start Monday, January 8, 2018.

Classes will run for 10 weeks unless otherwise stated. Saturday classes will run for 9 weeks.

NO classes during Winter Break, February 17 - 24, 2018. Term ends on March 23, 2018. Each class participant will have to pay \$45 AGF fees. AGF insurance is valid from July 1, 2017 to June 30, 2018.



2018 WINTER PROGRAMS



CO-ED PRESCHOOL

Parent & Tot: A structured parent participation class for 2 year olds. Wednesdays | 9:00-9:30 | \$120

Hotshots: A structured parent participation class for 3 year olds. Mondays | 1:30-2:15 p.m. | \$160

Tuesdays | 2:30-3:15 | \$160

Wednesdays | 9:30-10:15 | \$160

Saturdays | 9:00-9:45 | \$144

Munchkins: Through games and activities, 4 and 5 year olds will learn the basics of gymnastics.

Mondays | 2:30-3:15 | \$160

Tuesdays | 9:30-10:15 | \$160

Tuesdays | 1:30-2:15 | \$160

Thursdays | 9:30-10:15 | \$160

Saturdays | 9:45-10:30 | \$144

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 | \$190

Wednesdays | 3:45-4:45 | \$190

Saturdays | 10:30-11:30 | \$171

Elite Petite: Girls (ages 4-5) Entrance by invitation or evaluation. An advanced girl's pre-school class. Mondays & Wednesdays | 1:30-3:00 \$340

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 | \$190

Mondays | 4:45-5:45 | \$190

Tuesdays | 3:45-4:45 | \$190

Wednesdays | 4:45-5:45 | \$190

Thursdays | 3:45-4:45 | \$190

Saturdays | 11:30-12:30 | \$171

RECREATIONAL

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

Wednesdays | 5:45-7:00 | \$200

Thursdays | 4:45-6:00 | \$200

Bronze Badge: Girls all ages

Mondays | 4:45-6:00 | \$200

Tuesdays | 4:45-6:00 | \$200

Wednesdays | 7:00-8:15 | \$200

Girls Advanced Program:

Purple Badge: Girls all ages

Tuesdays & Thursdays | 3:45-4:45 \$300

Tuesdays & Thursdays | 6:00-7:00 \$300

Blue Badge: Girls all ages

Tuesdays & Thursdays | 4:45-6:15 \$340

Tuesdays & Thursdays | 7:00-8:30 \$340

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 | \$200

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.

Wednesdays | 7:15-8:45 | \$220

PROGRAM OFFERINGS

Skills Development:

Girls all ages.

Cartwheel per-requisite.

Mondays | 7:00-8:15 | \$200

PROGRAM OFFERINGS

Parkour (Co-ed):

Various classes offered for ages 8-11+. Beginner to advanced parkour skills will be taught in a safe and fun environment.

Ages 8 - 10 years

Fridays | 5:15-6:15 | \$190

Ages 11+ years

Fridays | 6:15-7:15 | \$190

Co-ed Trampoline:

Participants will learn body control, spatial awareness and trampoline safety through different trampoline activities.

Beginner

Ages 6+ years

Saturdays | 8:45-9:45 | \$171

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 admincanmoregymnastics.com to learn more.