



CANMORE ILLUSIONS GYMNASTICS CLUB

Registration will open on zone4 at 7:00 a.m. March 12, 2018

Recreation classes start Monday, April 9, 2018. Classes will run as follows:
Saturday 8 weeks, Monday/Friday 9 weeks, Tuesday/Wednesday/Thursday 10 weeks.

NO classes May long weekend: May 19 - 21, and during the Summit Invitational: May 31 - June 6.
Term ends on June 21.

Each class participant will have to pay \$45 AGF fees.
AGF insurance is valid from July 1, 2017 to June 30, 2018.



2018 SPRING PROGRAMS

Please note: Spring gymnastics is a non-badge session. The focus of the session is learning new skills to perform at the year-end display, June 16, 2018.

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. | \$144
Wednesdays | 9:30-10:15 | \$160

Munchkins: Through games and activities, 4 and 5 year olds will learn the basics of gymnastics.
Mondays | 2:30-3:15 | \$144
Tuesdays | 9:30-10:15 | \$160
Thursdays | 9:30-10:15 | \$160
Saturdays | 9:45-10:30 | \$128

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 | \$171
Wednesdays | 3:45-4:45 | \$190
Saturdays | 10:30-11:30 | \$152

Elite Petite: Girls (ages 4-5)
Entrance by invitation or evaluation.
An advanced girl's pre-school class.
Mondays & Wednesdays | 1:30-3:00
\$306

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 | \$171
Mondays | 4:45-5:45 | \$171
Tuesdays | 3:45-4:45 | \$190
Wednesdays | 4:45-5:45 | \$190
Thursdays | 3:45-4:45 | \$190
Saturdays | 11:30-12:30 | \$152

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 | \$180
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 | \$180

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 prerequisite.
Mondays | 7:00-8:15 | \$180

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 | \$171

Ages 11+ years
Fridays | 6:15-7:15 | \$171

Co-ed Trampoline:
Participants will learn body control, spatial awareness and trampoline safety through different trampoline activities.

Beginner
Ages 6+ years
Saturdays | 9:00-9:45 | \$128

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

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.