



# CANMORE ILLUSIONS GYMNASTICS CLUB

Registration will open on Amilia at 7:00 am on August 13, 2018.

To register go to:

<https://www.amilia.com/store/en/canmore-illusions-gymnastics-club/api/Program/Detail?programId=YjKVaR>

You will need to create an account and add your members (children). This can be done before hand at:

<https://www.amilia.com/en/Signup?orgId=5308>

Recreation classes will start on September 8, 2018. Last day of recreation classes will be December 17, 2018. Monday and Saturday classes will run for 13 weeks, Tuesday/Wednesday/Thursday classes will run for 14 weeks.

**No classes** on Thanksgiving weekend **October 6, 7 & 8** and Remembrance Day weekend **November 10, 11 & 12**.

Each participant must purchase AGF insurance which is valid from July 1, 2018 to June 30, 2019. Each participant must sign a waiver.

## 2018 FALL PROGRAMS



### CO-ED PRESCHOOL

**Parent & Tot:** A structured parent participation class for 2 year olds.  
Wednesdays | 9:00-9:30 | \$168

**Hotshots:** A structured parent participation class for 3 year olds.

Mondays | 1:30-2:15 p.m. | \$208

Tuesdays | 2:30-3:15 | \$224

Wednesdays | 9:30-10:15 | \$224

Saturdays | 9:00-9:45 | \$208

**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 | \$224

Tuesdays | 1:30-2:15 | \$224

Thursdays | 9:30-10:15 | \$224

Saturdays | 9:45-10:30 | \$208

**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

Wednesdays | 3:45-4:45 | \$266

Saturdays | 10:30-11:30 | \$247

**Elite Petite:** Girls (ages 4-5)  
Entrance by invitation or evaluation.  
An advanced girl's pre-school class.  
Tuesdays & Thursdays | 1:00-3:00  
\$504

### 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 | \$266

Wednesdays | 4:45-5:45 | \$266

Thursdays | 3:45-4:45 | \$266

Saturdays | 11:30-12:30 | \$247

### RECREATIONAL

**Girls Intermediate Program:**  
An intermediate Can-Gym badge program for girls who have passed the beginner badges. Participants will be able to build on prior gymnastics skills.

**Tan Badge: Girls all ages**

Mondays | 5:45-7:00 | \$260

Wednesdays | 5:45-7:00 | \$280

**Bronze Badge: Girls all ages**

Mondays | 4:45-6:00 | \$260

Wednesdays | 7:00-8:15 | \$280

Thursdays | 4:45-6:00 | \$280

**Girls Advanced Program:**

An Advanced Can-Gym badge program for girls who have passed the intermediate badges. Participants will be able to build on prior gymnastics skills, program runs 2 days/week.

**Purple Badge: Girls all ages**

Tuesdays & Thursdays | 3:45-4:45  
\$420

Tuesdays & Thursdays | 6:00-7:00  
\$420

**Blue Badge: Girls all ages**

Tuesdays & Thursdays | 4:45-6:15  
\$476

**Turquoise Badge: Girls all ages**

Tuesdays & Thursdays | 7:00-8:30  
\$476

**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.

Tuesdays | 4:45-6:00 | \$280

### PROGRAM OFFERINGS

**Gym Skills: Girls 8 - 12 years**

Participants will work on gymnastics skills and physical fitness. Participants will be able to set and work towards individual goals, learning at their own pace.

Mondays | 7:00-8:15 | \$260

**Parkour (Co-ed):**

Various classes offered for ages 7-11+ years. Beginner to advanced parkour skills will be taught in a safe and fun environment.

**Ages 7 - 9 years**

Saturdays | 9:30-10:30 | \$247

**Ages 10+ years**

Saturdays | 10:30-11:30 | \$247

### 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 Drop-In**

Tuesdays, Wednesdays, Thursdays  
10:30-11:30

\$7/drop in or \$60/10 punch

**5 - 11 years Drop-In**

Saturdays | 1:00-2:30

\$10/drop in or \$90/10 punch

**12+ years Drop-In**

Fridays | 7:30-8:30

\$7/drop in or \$60/10 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](mailto:admincanmoregymnastics.com) to learn more.



**PLEASE NOTE:** Trampoline usage regulations for all recreational and drop-in programs are currently going through insurance restructuring with our governing body, Alberta Gymnastics Federation. For the time being, trampolines in the gym will be unavailable until further notice.