

CANMORE

Illusions

GYMNASTICS CLUB

Winter
2025



Registration Opens 9am November 12 via Uplifter. You will need to create an account and add your participants. This can be done ahead of time at: www.canmoregymnastics.uplifterinc.com/ or by clicking **REGISTER HERE** on our website: www.canmoregymnastics.com

Recreation classes will start **Monday January 6, 2025**. Last day of classes will be **Friday, April 11 2025**. Classes will run for 14 weeks on Tuesday, Wednesday, Thursday and Friday and 13 weeks on Monday, Saturday and Sunday.

GYM CLOSED-NO CLASSES: February 17

Each participant must have valid AGF insurance (July 1, 2024 to June 30, 2025). Each participant must sign the waiver and PIPA forms online upon registration.

PRESCHOOL PROGRAMS

PARENT AND TOT Children born 2022

This parented class will be filled with songs, games, swings and springs! Parents are required to participate in the class.

Tuesday | 9:00-9:45 | \$245

HOTSHOTS Children born 2021

An introduction to structured, non parented gymnastics. Play, roll, games and lots of fun! Parents are required to stay in the lobby and participate as needed.

Wednesday | 9:00-9:45 | \$245
Saturday | 9:00-9:45 | \$227.50
Saturday | 9:45-10:30 | \$227.50
Sunday | 9:00-9:45 | \$227.50

MUNCHKINS Children born 2020

Through games and activities, preschoolers learn the basics of gymnastics. Motor development, skill instruction and being part of a group become the focus.

Tuesday | 9:45-10:30 | \$245
Wednesday | 9:45-10:30 | \$245
Saturday | 10:45-11:30 | \$227.50
Saturday | 11:30-12:15 | \$227.50
Sunday | 9:45-10:30 | \$227.50

CUBS Registered in Kindergarten

Participants will learn the basics of gymnastics including swings, springs, landings, locomotions and rotations. This 1 hour class will prepare little ones for the CANGym Program.

Monday | 3:45-4:45 | \$266.50
Wednesday | 3:45-4:45 | \$287
Saturday | 9:00-10:00 | \$266.50

CANGYM RECREATIONAL PROGRAMS

BEGINNER Burgundy and Red Badges 6-8years

An introductory class for school aged children. Suitable for newcomers to gymnastics, participants learn the basics for the sport in the Burgundy and Red badge levels. Class includes warm up, skills instruction and cool down.

Monday | 4:45-5:45 | \$266.50
Tuesday | 3:45-4:45 | \$287
Wednesday | 4:45-5:45 | \$287
Thursday | 3:45-4:45 | \$287
Saturday | 10-11 | \$266.50

INTERMEDIATE Tan and Bronze Badges 6+years

An intermediate class for beginners who have passed the Red Badge. Participants begin to build on existing skills and focus more on handstands, cartwheels, landings, coordination and proper positions.

Monday | 5:45-7:15 | \$305.50
Tuesday | 4:45-6:15 | \$329
Wednesday | 5:45-7:15 | \$329
Thursday | 4:45-6:15 | \$329
Thursday 6:45-8:15 | \$329
Saturday | 11-12:30 | \$305.50

ADVANCED (Women's Artistic) Purple/Blue/Turquoise+

An advanced class for athletes who have passed their Bronze Badge. Classes are 2 days per week. Participants build their strength through various exercises to help increase their skill development.

Purple Badge
Monday and Wednesday
4:00-5:00 | \$445.50

Blue Badge
Monday and Wednesday
5:00-6:15 | \$472.50

Turquoise Badge +
Monday and Wednesday
6:15-7:45 | \$499.50

OTHER RECREATIONAL PROGRAMS

PARKOUR 8-15 years

For those who want to learn "free running". Participants train agility and parkour specific skills while they work through the different levels.

BEGINNER PARKOUR
Wednesday | 4:45-5:45 | \$287
Friday | 6:00-7:00 | \$287

INTERMEDIATE PARKOUR
Wednesday | 5:45-7:15 | \$329
Friday | 4:30-6:00 | \$329

ADVANCED PARKOUR
Wednesday
5:15-7:15 | \$343

TRAMPOLINE 8+years

Through strength and flexibility and using drills to break down skills, athletes learn the skills in Fundamentals and Trampoline disciplines.

Saturday | 11:00-12:00 | \$266.50

DROP IN PROGRAMS

An unstructured movement exploration program with a qualified supervisor. Punch Cards are available current from July to June annually.

LITTLE TOT DROP IN: Walking to 4 years

Tuesday | 10:45am-11:45am
Wednesday | 10:45am-11:45am
Thursday | 10:45am-11:45am
\$8/child or \$70 punch card

KIDS DROP IN: 5 to 12 years
Saturday | 1pm-2:30pm
\$12/child or \$110 punch card

TEEN/ADULT DROP IN 13+ years

Friday | 7pm-9pm
\$18/participant or \$160 punch card

NEW!!! PD 1/2 Day Camps
Games, skills training, event practice, crafts and activities.

PD Fridays
January 17
February 7, 21
March 7, 21
April 4
Camp Price: \$35

