

CANMORE

Illusions

GYMNASTICS CLUB

Spring
2025



Registration Opens 9am March 4 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 **Tuesday, May 6, 2025**. Last day of classes will be **June 21, 2025**. Classes will run for 7 weeks on Tuesday, Wednesday, Thursday, Friday. 6 weeks on Saturday and 5 weeks on Monday.

GYM CLOSED-NO CLASSES: May 17-19

Spring is a non badge session, athletes will continue to work on skills in their badge level, but instead of receiving badges will perform in the Year End Show-**June 22**. Athletes can complete their badges in the Fall.

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 | \$122.50

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 | \$122.50
Saturday | 9:00-9:45 | \$105
Saturday | 9:45-10:30 | \$105

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 | \$122.50
Wednesday | 9:45-10:30 | \$122.50
Saturday | 10:45-11:30 | \$105
Saturday | 11:30-12:15 | \$105

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 | \$102.50
Wednesday | 3:45-4:45 | \$143.50
Saturday | 9:00-10:00 | \$123.00



CANGYM 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 | \$102.50
Tuesday | 3:45-4:45 | \$143.50
Wednesday | 4:45-5:45 | \$143.50
Thursday | 3:45-4:45 | \$143.50
Saturday | 10-11 | \$123

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 | \$117.50
Tuesday | 4:45-6:15 | \$164.50
Wednesday | 5:45-7:15 | \$164.50
Thursday | 4:45-6:15 | \$164.50
Saturday | 11-12:30 | \$141

Intermediate (Men's Artistic) Tan and Bronze Badges 6+years

An intermediate class for boys who have passed the Red Badge. Participants begin to build on existing skills and prepare for the MAG specific part of the CANGym Program and MAG events.

Thursday 6:45-8:15 | \$164.50

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 | \$198

Blue Badge
Monday and Wednesday
5:00-6:15 | \$210

Turquoise Badge +
Monday and Wednesday
6:15-7:45 | \$222

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 | \$143.50
Friday | 6:00-7:00 | \$143.50

INTERMEDIATE PARKOUR

Wednesday | 5:45-7:15 | \$164.50
Friday | 4:30-6:00 | \$164.50

ADVANCED PARKOUR +

Wednesday
5:15-7:15 | \$171.50

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 | Camp Price: \$35

May 16
May 30
June 6

