

CANMORE

# Illusions

GYMNASTICS CLUB

Winter  
2026



**Registration Opens 9am November 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/](http://www.canmoregymnastics.uplifterinc.com/) or by clicking **REGISTER HERE** on our website: [www.canmoregymnastics.com](http://www.canmoregymnastics.com)

Recreation classes will start **Monday January 5, 2026**. Last day of classes will be **Friday, March 27, 2026**. Classes will run for 12 weeks on Tuesday, Wednesday, Thursday and Friday, and 11 weeks on Saturday and Monday.

**GYM CLOSED-NO CLASSES: February 16**

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 2023

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

Wednesday | 9:00-9:45 | \$216

### HOTSHOTS Children born 2022

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.

Thursday | 9:00-9:45 | \$216

Friday | 9:00-9:45 | \$216

Saturday | 9:00-9:45 | \$198

Saturday | 9:45-10:30 | \$198

### MUNCHKINS Children born 2021

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

Wednesday | 9:45-10:30 | \$216

Thursday | 9:45-10:30 | \$216

Friday | 9:45-10:30 | \$216

Saturday | 10:45-11:30 | \$198

Saturday | 11:30-12:15 | \$198

### 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.

Tuesday | 3:45-4:45 | \$252

Wednesday | 3:45-4:45 | \$252

Thursday | 3:45-4:45 | \$252

Saturday | 9:00-10:00 | \$231

### ELITE PETITE

By invitation only

An advanced preschool class focused on preparing little ones for our Women's Developmental Program.

Tuesday and Thursday

1:30pm-3pm | \$480

## 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 | 3:45-4:45 | \$231

Tuesday | 4:45-5:45 | \$252

Wednesday | 4:45-5:45 | \$252

Thursday | 4:45-4:45 | \$252

Saturday | 10-11 | \$231

### 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 | 4:45-6:15 | \$264

Monday | 6:15-7:45 | \$264

Wednesday | 5:45-7:15 | \$288

Saturday | 11-12:30 | \$264

### 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

4:00pm-5:00pm | \$391

#### Blue Badge

Monday and Wednesday

5:00pm-6:15pm | \$414

#### Turquoise Badge +

Monday and Wednesday

6:15pm-7:45pm | \$437

## 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 | 4:00-5:00 | \$252

Wednesday | 5:00-6:00 | \$252

#### INTERMEDIATE PARKOUR

Wednesday | 6:00-7:30 | \$288

#### ADVANCED PARKOUR

Friday | 5:15-7:15 | \$300

#### PD 1/2 Day Camps

Games, skills training, event practice, crafts and activities.

#### PD Fridays | 12:45-3:45 | \$40

gymnastics skills on all events, trampoline, foam pit, crafts and more.

Jan 30

Feb 13

March 6, 20

Spring  
Registration  
March 3

Birthday Parties  
Saturday 2:45-4:45

