

All participants are required to pay a Gymnastics BC annual insurance fee: \$44.00 & annual zone fees: \$5.00  
Gymnastics BC Yearly Insurance runs September - August

**REGISTRATION ONLINE OPENS: THURSDAY MARCH 13TH, 2025**

**SESSION DATES**

March 31st - June 15th

**\*\* CLASSES WILL BE PAID IN FULL PER SESSION FEES**

**\*\* We are CLOSED on all Statutory Holidays  
\*\* April 18th, April 21st, May 19th**

**\* Please be advised: if minimum class size is not met, classes may be cancelled**

*PRICE LIST DOES NOT INCLUDED GST*

**PRE-KINDER PROGRAMS FOR AGES 12M - 5 YRS**

PARENT & TOT FOR AGES 12M +	SESSION DATES						COST
	MON	TUES	WED	THURS	FRI	SUN	
Parent & Tot (12m+) 30 Minutes gross motor movement class with circuits on various gymnastics equipment.							\$132.00/ Session
Parent & Tot (18m+) 30 Minutes gross motor movement class with circuits on various gymnastics equipment.	10:30 - 11:00. Layne			10:30 - 11:00 Veronika / Makenna	10:15 - 10:45am Veronika		\$132.00/Session
Parent & Tot (18m+) 30 Minutes gross motor movement class with circuits on various gymnastics equipment.							\$132.00Session

**PRE-CANGYM PROGRAMS FOR AGES 3 YEARS**

PRE-CANGYM PROGRAMS FOR AGES 3 YEARS	SESSION DATES						COST
	MON	TUES	WED	THURS	FRI	SUN	
Pre-cangym (3 Years) 45 Minutes gross motor movement class with circuits on various gymnastics equipment. The child MUST be ready to participate without parents.	11:00 - 11:45 Makenna			11:30 - 12:15 Layne	12:15 - 1:00 Veronika		\$187.00/ Session
Pre-cangym (3 Years) 45 Minutes gross motor movement class with circuits on various gymnastics equipment. The child MUST be ready to participate without parents.					12:30 - 1:15 Layne	11:30 - 12:15 Ashlyn / Kimberly	\$187.00/ Session

**PRE-CANGYM PROGRAMS FOR AGES 4 YEARS**

PRE-CANGYM PROGRAMS FOR AGES 4 YEARS	SESSION DATES						COST
	MON	TUES	WED	THURS	FRI	SUN	
Pre-cangym (4 Years) 60 Minutes gross motor movement class with circuits on various gymnastics equipment. The child MUST be ready to participate without parents.	11:15 - 12:15. Layne			11:15 - 12:15. Veronika / Makenna ** Invitation Only	11:00 - 12:00pm Veronika	10:15 - 11:15. Ashlyn / Kimberly	\$253.00/ Session
Pre-cangym (4 Years) 60 Minutes gross motor movement class with circuits on various gymnastics equipment. The child MUST be ready to participate without parents.	12:00 - 1:00 Makenna				11:15 - 12:15pm Layne		\$253.00/ Session

**DROP - IN**

DROP - IN	SESSION DATES						COST
	MON	TUES	WED	THURS	FRI	SUN	
ALL AGES			10:30 - 12:30pm				
HomeSchool							

All participants are required to pay a Gymnastics BC annual insurance fee: \$44.00 & annual zone fees: \$5.00  
Gymnastics BC Yearly Insurance runs September - August

**REGISTRATION ONLINE OPENS: THURSDAY MARCH 13TH, 2025**

**SESSION DATES**

March 31st - June 15th

**\*\* We are CLOSED on all Statutory Holidays  
\*\* April 18th, April 21st, May 19th**

**\*\* CLASSES WILL BE PAID IN FULL PER SESSION FEES**

**\* Please be advised: if minimum class size is not met, classes may be cancelled**

*PRICE LIST DOES NOT INCLUDE GST*

**CANGYM PROGRAMS FOR AGES 5 - 12**

BURGUNDY/ RED (Levels 1 - 2) For the beginner. Develop strength, flexibility, coordination, and balance on the bars, beam, floor, & vault.	MON	TUES	WED	THURS	FRI	SUN	COST
5-7 Years (1 hour class/week)							\$253.00 / Session
5-7 Years (1 hour class/week)	3:30 - 4:30PM Kimberly	3:30 - 4:30PM Kimberly	3:30 - 4:30PM Kimberly	3:30 - 4:30pm Delainey			\$253.00 / Session
5 - 7 Years (1 hour class/week)							\$253.00 / Session
8 & UP Years (1 hour class/week)	4:20 - 5:20PM Delainey	4:45 - 5:45PM Delainey		3:30 - 4:30pm Ashlyn			\$253.00 / Session
TAN/BRONZE (Levels 3 - 4) The next step in the cangym program. Must have completed levels	MON	TUES	WED	THURS	FRI	SUN	COST
5-7 Years (1 hour class/week)	3:30 - 4:30PM Ashlyn	4:45 - 5:45PM Ashlyn / Kimberly	3:15 - 4:15PM Delainey				\$253.00/ Session
5-7 Years (1 hour class/week)							\$253.00 / Session
8 & UP (1 hour class/week)		3:30 - 4:30PM Delainey	4:20 - 5:20PM Delainey	4:45 - 5:45pm Ashlyn			\$253.00 / Session
8 & UP (1 hour class/week)	3:15 - 4:15PM Delainey						\$253.00 / Session
PURPLE (Levels 5) Must have completed levels 1-4 before moving to this class.	MON	TUES	WED	THURS	FRI	SUN	COST
5-7 Years (1 hour class/week)		3:30 - 4:30PM Ashlyn					\$253.00 / Session
8 & UP (1 hour class/week)	4:45 - 5:45pm Ashlyn/Kimberly						\$253.00 / Session
BLUE/ TURQUOISE 1X/WEEK (Levels 6 & 7) Must have completed levels 5 before moving to this class.	MON	TUES	WED	THURS	FRI	SUN	COST
8 & UP (1hour class/ week)				4:45 - 5:45 Gracie/Delainey			\$253.00/ Session
Teen/Adult Drop in Gymnastics Spend time in our gym with a self-directed approach to skill development. A coach is there to provide guidance, feedback, and assistance on gymnastics skills at any level. Instructed open gym offers the ability to focus on the skills you'd like to learn or improve upon at your own pace, with the reassurance of a coach's advice as needed. A weekly conditioning list will be supplied for anyone who would like to come in for the strengthening aspect of gymnastics with the guidance of your coach to ensure conditioning is done safely for each individual	MON	TUES	WED	THURS	FRI	SUN	COST
13 and up (1hour 15min class/week)		5:45 - 7:00 Gracie					\$220.00 / Session or \$20.00 Drop - In



All participants are required to pay a Gymnastics BC annual insurance fee: \$44.00 & annual zone fees: \$5.00  
 Gymnastics BC Yearly Insurance runs September - August

**REGISTRATION ONLINE OPENS: THURSDAY MARCH 13TH, 2025**

SESSION DATES

March 31st - June15th

**\*\* We are CLOSED on all Statutory Holidays  
 \*\* April 18th, April 21st, May 19th**

**\*\* CLASSES WILL BE PAID IN FULL PER SESSION FEES**

**\* Please be advised: if minimum class size is not met, classes may be cancelled**

*PRICE LIST DOES NOT INCLUDED GST*

LIL NINJAS - is a beginner level to the ninja , which is inspired by gymnastics, martial arts, obstable training and freestyle movement.	MON	TUES	WED	THURS	FRI	SUN	COST
LIL NINJA (3 - 5 YRS) (45 Minute class/week)						11:00 - 11:45AM Gracie / Codi	\$187.00 / Session
LIL NINJA (3 - 5 YRS) (45 Minute class/week)						12:00 - 12:45AM Gracie / Codi	\$187.00 / Session

NINJA TRAINING (Ages 5 - 12 Years) Children learn a combination of flips, rolls, jumps, kicks. Strength and agility are tested through obstable courses and various training techniques.	MON	TUES	WED	THURS	FRI	SUN	COST
NINJA LEVEL 1 / 2 AGE 5-7 Years (1 hour class/week)		4:30 - 5:30 Gracie					\$253.00 /Session
NINJA LEVEL 1/2 AGE 7 & UP (1 hour class/week)						1:00 - 2:00PM Gracie / Codi	\$253.00/ Session
NINJA LEVEL 2 AGE 7 & UP (1 hour class/week)							\$253.00 / Session
NINJA LEVEL 2/3 AGE 7 & UP (1 hour class/week) <b>MUST HAVE PASSED LEVEL 1</b>	3:15 - 4:15PM Kira						\$253.00 / Session

REGISTRATION ONLINE OPENS: THURSDAY MARCH 13TH, 2025

SESSION DATES

MARCH 31ST - JUNE 15TH

**\*\* We are CLOSED on all Statutory Holidays**  
**\*\* April 18th, April 21st, May 19th**

**\*\* CLASSES WILL BE PAID IN FULL PER SESSION FEES**

**\* Please be advised: if minimum class size is not met, classes may be cancelled**

*PRICE LIST DOES NOT INCLUDED GST*

ART	MON	TUES	WED	THURS	FRI	SUN	COST
<b>INTRODUCTION TO ART 101 [ AGES 3 - 5 ]</b> Our Introductin to Art 101 class is our first class that will establish basic techniques and principles important for children starting out. Our introudctory class encourages exploration with variety of mediums to provide a firm foundation as they start own creative journey.				3:30 - 4:30PM ALEJANDRA			\$165.00 / 11 SESSIONS
<b>INTRODUCTION TO ART 101 [ AGES 6 - 8 ]</b> Our Introductin to Art 101 class is our first class that will establish basic techniques and principles important for children starting out. Our introudctory class encourages exploration with variety of mediums to provide a firm foundation as they start own creative journey.			3:30 - 4:30PM ALEJANDRA				\$165.00 / 11 SESSION
<b>PAINTING 101 [ AGES 9 - 12 ]</b> Our Painting 101 class is the class for the artist who prefers acrylic or water-colour. Stuenets will learn techniques for each medium like brush work, blending, colour mixing and more. <b>**Class ends May 30th, 2025</b>					3:30 - 4:30PM AMANDA		\$90.00 / 6 SESSIONS