



# SPRING SESSION 2023

as of 3 March 2023

**Prorated Spring Membership of \$45.00.**  
(This is payable once a year from April 1st to June 30th)



**NEW: Class payment installment options**

## General Gymnastics Classes (6 yrs & up) 10 week session

1 hour/week class - \$220 & 1.5 hour/week class - \$285

FIRST CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	April 17	April 18	April 19	April 20	April 21	April 22
<b>CANGYM RECREATIONAL PROGRAM for 6 to 9 yrs old</b>						
<b>MORE CLASSES MAY BE ADDED</b>						
<b>BURGUNDY/RED 6-9 years</b>	4:00-5:00	4:00-5:00	4:00-5:00 (2)	5:00-6:00	4:30-5:30	9:30-10:30
	5:00-6:00	5:00-6:00	5:00-6:00 (2)	6:00-7:00	6:00-7:00	10:00-11:00
	5:00-6:00 BOYS	6:00-7:00	6:00-7:00	6:30-7:30		10:30-11:30
	6:00-7:00	7:00-8:00	7:00-8:00			11:00-12:00
	7:00-8:00					
<b>TAN/BRONZE 6-9 years</b>	4:00-5:00	4:00-5:00	4:00-5:00	4:00-5:00	4:00-5:00	9:30-10:30
	4:30-5:30	5:00-6:00	5:00-6:00	5:00-6:00	6:00-7:00	10:30-11:30
	5:00-6:00	6:00-7:00 (2)	5:30-6:30	6:00-7:00	6:30-7:30	11:30-12:30
	6:00-7:00 (2)	7:00-8:00	7:00-8:00	7:00-8:00		
<b>PURPLE/BLUE &amp; TURQ 6-9 years</b>	5:30-7:00	7:00-8:30 (2)	6:30-8:00	5:30-7:00	4:00-5:30	12:30-2:00
	7:00-8:30 (2)			7:00-8:30	5:30-7:00	
<b>TEEN PROGRAM for 10 yrs &amp; up</b>						
<b>BEG. TEEN (Burg/Red)</b>	6:00-7:00		6:00-7:00	7:30-8:30	7:00-8:00	
<b>PRE-INT. TEEN (Tan/Bronze)</b>	6:00-7:00	7:00-8:00	6:00-7:00	7:30-8:30		
<b>INT. TEENS (Purple/Blue/Turq)</b>	7:00-8:30	7:00-8:30	7:00-8:30	7:00-8:30 (2)		12:30-2:00
<b>ADV. TEENS (Silver &amp; Up)</b>	7:00-8:30 (2)	7:00-8:30	7:00-8:30		7:00-8:30	
<b>HOMESCHOOL</b>						
<b>Home School</b>			2:00-3:00			
<b>I CAN - INCLUSION CLASSES</b>						
<b>FUN DISCOVERY KIDS - 3-5 years</b>	Sunday 10:00-11:00	Tuesday	Wednesday	Cost: Sunday \$270 Tue/Wed \$220		
<b>FUN DISCOVERY KIDS - 6+</b>	11:00-12:00			This class will have the gym to themselves in a quiet environment with no interruptions.		
<b>Evolution Kids</b>	Coach	5:00-6:00	5:00-6:00	For athletes transitioning from the Fun Discovery Kids program. Registration not available on line		
<b>Recommended</b>						
<b>LAST CLASS</b>	June 26	June 20	June 21	June 22	June 23	June 24

**Please Note:** Dynamyx reserves the right to cancel, add or change classes due to registration and/or coach availability.

No classes Monday, May 22 for Victoria Day



**Register ONLINE: <https://dynamyx.uplifterinc.com/>**

**NEW LOCATION: Bay # 110, 175 Carlton Drive, St Albert AB (780)-458-3153**