

# Winter Session 2025



as of 8 Nov 2024

Membership of **\$65.00** payable at registration  
(This is payable once a year from July 1st to June 30th)



Class payment options -3 month installment plans available

**General Gymnastics Classes (6 yrs & up) 12 week session**

1 hour/week class - \$286 & 1.5 hour/week class - \$370

FIRST CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Jan 6	Jan 7	Jan 8	Jan 9	Jan 10	Jan 11

CANGYM RECREATIONAL PROGRAM for 6 to 9 yrs old

**MORE CLASSES MAY BE ADDED**

BURGUNDY/RED 6-9 years	4:00-5:00	4:00-5:00	4:00-5:00	5:00-6:00	5:00-6:00	9:30-10:30
	5:00-6:00 BOYS	5:00-6:00	5:00-6:00 BOYS	6:30-7:30		10:00-11:00
	5:00-6:00	6:30-7:30	6:00-7:00			10:30-11:30
	6:00-7:00	7:00-8:00	7:00-8:00			11:30-12:30
	7:00-8:00					
TAN/BRONZE 6-9 years	4:00-5:00	4:00-5:00	4:00-5:00	4:30-5:30	4:00-5:00	9:30-10:30
	6:00-7:00	6:00-7:00 BOYS	5:00-6:00	5:30-6:30	6:00-7:00	10:30-11:30
	7:00-8:00		6:00-7:00	6:00-7:00		1:00-2:00
			5:30-6:30			
		7:00-8:00				
PURPLE/BLUE & TURQ 6-9 years	5:30-7:00	5:00-6:30	6:30-8:00	7:00-8:30		11:30-1:00
	7:00-8:30	6:00-7:30				
		7:00-8:30				
Ninja Gymnastics 6-9 years					5:00-6:00 6:00-7:00	
TEEN PROGRAM for 10 yrs & up						
BEG. TEEN (Burg/Red)			6:00-7:00			
PRE-INT. TEEN (Tan/Bronze)	7:00-8:00	5:00-6:00	6:00-7:00 7:00-8:00	7:00-8:00		
INT. TEENS (Purple/Blue/Turq)			7:00-8:30	5:00-6:30		12:30-2:00
ADV. TEENS (Silver & Up)	7:00-8:30		7:00-8:30			12:30-2:00
LAST CLASS	Apr 7	Apr 1	Apr 9	Apr 10	April 11	Apr 12

HOMESCHOOL - if you have 4 or more participants, contact us to set up a daytime class that fits your schedule!

INCLUSION PROGRAM - Great for participants with special needs.

I CAN - INCLUSION CLASSES		Tuesdays	Sundays	SUNDAY COST - \$330/ 10 wks
FUN DISCOVERY KIDS			10:15-11:15	This class will have the gym to themselves in a quiet environment with no interruptions.
			11:15-12:15	
Evolution Kids	Coach	4:30-5:30 or 5:30-6:30		For athletes transitioning from the Fun Discovery Kids program. Registration not available on line
Recommended				

There will be no classes: Family Day - Feb 17/ March Break - Mar 24-28/DGC Invitational - Mar 12-17

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

Bay # 110, 175 Carleton Drive, St Albert AB (780) 458-3153