

Recreation Schedule 2025/2026

50 minute classes = \$195 + GST & SF/Session

80 minute classes = \$260 + GST & SF/Session

***Schedule is subject to change. Please refer to the online registration system for most up-to-date availability!**

	Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Supers Programs (2-5 years)	Session 1 (Sept/Oct)	Sept 8 - Oct 27	Sept 9 - Oct 28	Sept 10 - Oct 29	Sept 11 - Oct 30	Sept 12 - Oct 24	Sept 6 - Oct 25
	Session 2 (Nov/Dec)	Nov 3 - Dec 15	Nov 4 - Dec 16	Nov 5 - Dec 17	Nov 6 - Dec 18	Nov 7 - Dec 19	Nov 1 - Dec 20
	Session 3 (Jan/Feb)	Jan 5 - Feb 23	Jan 6 - Feb 24	Jan 7 - Feb 25	Jan 8 - Feb 26	Jan 9 - Feb 27	Jan 3 - Feb 28
	Session 4 (Mar/Apr)	Mar 2 - Apr 27	Mar 3 - Apr 28	Mar 4 - Apr 29	Mar 5 - Apr 30	Mar 6 - Apr 24	Mar 7 - Apr 25
	Session 5 (May/June)	May 4 - June 22	May 5 - June 16	May 6 - June 17	May 7 - June 18	May 8 - June 19	May 2 - June 20
	Supers & Sidekicks	10:00 - 10:50		10:00 - 10:50	10:00 - 10:50		9:30 - 10:20
	PARENTED 2-3yrs				11:00 - 11:50		10:30 - 11:20
	SuperTOTS	10:00 - 10:50	10:00 - 10:50	10:00 - 10:50	11:00 - 11:50	10:00 - 10:50	9:15 - 10:05
	UNPARENTED*	11:00 - 11:50	11:00 - 11:50	11:00 - 11:50	1:00 - 1:50	11:00 - 11:50	10:15 - 11:05
	3-4yrs	1:30 - 2:20	4:15 - 5:05	1:00 - 1:50	2:00 - 2:50	6:15 - 7:05	11:15 - 12:05
	*caregiver should remain onsite			2:00 - 2:50			
	SuperKIDS	11:00 - 11:50	10:00 - 10:50	11:00 - 11:50	11:00 - 11:50	10:00 - 10:50	8:30 - 9:20
	UNPARENTED	1:30 - 2:20	11:00 - 11:50	1:00 - 1:50	1:00 - 1:50	11:00 - 11:50	9:15 - 10:05
	4-5yrs	4:15 - 5:05	5:15 - 6:05	2:00 - 2:50	2:00 - 2:50	1:00 - 1:50	9:30 - 10:20
	no experience required	6:15 - 7:05		4:15 - 5:05	4:30 - 5:20	4:15 - 5:05	10:15 - 11:05
Gymnastics Beginner-Advanced Programs				6:15 - 7:05	6:30 - 7:20	6:45 - 7:35	11:15 - 12:05
							12:45 - 1:35
							1:45 - 2:35
							2:45 - 3:35
	SuperHEROES Advanced		1:00 - 2:20		9:30 - 10:50	1:00 - 2:20	11:00 - 12:20
	5-7yrs		4:30 - 5:50		6:30 - 7:50		
	Gymnastics Badges 1 & 2	4:15 - 5:05					8:30 - 9:20
	6yrs+	5:15 - 6:05	4:15 - 5:05	4:15 - 5:05	3:00 - 3:50	4:15 - 5:05	9:00 - 9:50
		6:15 - 7:05	5:15 - 6:05	6:15 - 7:05	4:30 - 5:20		10:00 - 10:50
	no experience required		6:15 - 7:05	7:15 - 8:05	5:00 - 5:50		10:30 - 11:20
					6:00 - 6:50		11:30 - 12:20
							12:45 - 1:35
							1:45 - 2:35
							2:45 - 3:35
	Gymnastics Badges 3 & 4	4:15 - 5:05	4:15 - 5:05	4:15 - 5:05	3:00 - 3:50	4:15 - 5:05	9:00 - 10:00
	6yrs+	5:15 - 6:05	6:15 - 7:05	5:15 - 6:05	4:00 - 4:50	5:15 - 6:05	10:00 - 11:00
							10:30 - 11:20
							11:30 - 12:20
	MUST have Badge 2			7:15 - 8:05	5:30 - 6:20		12:45 - 1:35
							1:45 - 2:35
							2:45 - 3:35
	Boys ONLY (Badges 1-4)			5:15 - 6:05			
	6yrs+						
	no experience required						
	Gymnastics (Badges 1-4)	7:15 - 8:05 (9yrs+)	7:15 - 8:05 (9yrs+)		7:30 - 8:20 (9yrs+)	5:15-6:35 (11yrs+)	2:45 - 3:35 (9yrs+)
	9yrs+					6:45-7:35 (6yrs+)	
	no experience required						
	HomeSchool Classes		1:00 - 2:20				
	6yrs+				1:00 - 1:50		
	no experience required				2:00 - 2:50		
	CanGYM (Badges 5+)	5:15 - 6:35	5:15 - 6:35	4:15 - 5:35	3:00 - 4:20	5:15 - 6:35	11:00 - 12:20
	All Apparatus (7yrs+)			7:00 - 8:20	5:30 - 6:50		1:15 - 2:35
	MUST have Badge 4						
	CanGYM Adv (Badges 7+)	7:00 - 8:20			7:00 - 8:20		
	8yrs+						
	MUST have Badge 6						
	CanJUMP (8yrs+)	7:00 - 8:20	6:45 - 8:05	5:15 - 6:35	7:00 - 8:20		
	Trampoline & Tumbling			BOYS ONLY			11:00 - 12:20
	MUST have Badge 4						
	CanJUMP Adv.			7:00 - 8:20			
	8yrs+						
	MUST have Level 555						
Action Programs	Action Acrobatics (8yrs+)					6:00 - 7:20	
	StunTHIIT (16yrs+)					6:30 - 7:20	
	no experience required						
Gymnaestrada TEAM	Gymnaestrada TEAM						
	9yrs+	CONTACT phoenixcoach.ab@gmail.com for more information					11:00 - 12:30
	MUST have Badge 4						(Sept-June)
GymFIT Programs	Teen GymFIT		7:30 - 8:50				
	12yrs+						
	no experience required						
	Adult GymFIT		7:30 - 8:50				
	All Apparatus						
	18yrs+						
	no experience required						

*Phoenix Gymnastics reserves the right to combine and cancel classes as necessary.

Alberta Gymnastics Federation (AGF) \$62 Participant Membership fee is valid July 1, 2025 - June 30, 2026

FOR MORE INFORMATION OR TO REGISTER ONLINE VISIT www.phoenixgym.ca OR CONTACT US AT (780) 438-0586.