



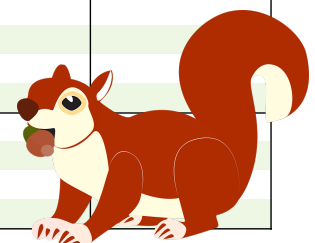
Fall Classes 2019



1.0 hr classes = \$190 + GST & SF

1.5 hr classes = \$255 + GST & SF

	Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Supers Programs (1-5 years)	Supers & Sidekicks PARENTED 2-3yrs, 1hr	10:00 - 11:00		10:00 - 11:00 2:00 - 3:00	10:00 - 11:00 11:00 - 12:00	10:00 - 11:00	8:30 - 9:30 9:30 - 10:30 10:30 - 11:30	
	SuperTOTS UNPARENTED 3-4yrs, 1hr	11:00 - 12:00 1:00 - 2:00 2:00 - 3:00	10:00 - 11:00 11:00 - 12:00 1:00 - 2:00 2:00 - 3:00	10:00 - 11:00 11:00 - 12:00 1:00 - 2:00 2:00 - 3:00 4:00 - 5:00	11:00 - 12:00 1:00 - 2:00 2:00 - 3:00	11:00 - 12:00 4:00 - 5:00 6:00 - 7:00	8:30 - 9:30 9:00 - 10:00 10:00 - 11:00 10:30 - 11:30 11:00 - 12:00 12:30 - 1:30 1:30-2:30	
	SuperKIDS 4-5yrs, 1hr <i>no experience required</i>	10:00 - 11:00 11:00 - 12:00 1:00 - 2:00 2:00 - 3:00 6:30 - 7:30	10:00 - 11:00 11:00 - 12:00 1:00 - 2:00 2:00 - 3:00 4:00 - 5:00	11:00 - 12:00 1:00 - 2:00 5:00 - 6:00	10:00 - 11:00 1:00 - 2:00 2:00 - 3:00 4:30 - 5:30	10:00 - 11:00 11:00 - 12:00 1:30 - 2:30 5:00 - 6:00 7:00 - 8:00	10:00 - 11:00 11:00 - 12:00 12:30 - 1:30 1:30 - 2:30	8:30 - 9:30 9:00 - 10:00 9:30 - 10:30 10:00 - 11:00 11:00 - 12:00 12:30 - 1:30 1:30 - 2:30
	SuperHEROES 5-7yrs, 1.5hr <i>Advanced</i>	4:00 - 5:30	9:30 - 11:00 5:00 - 6:30		9:30 - 11:00 3:00 - 4:30	1:00 - 2:30 6:00 - 7:30	1:00 - 2:30	
	Gymnastics 90° & 180° (Badges 1 & 2) 6yrs+, 1hr <i>no experience required</i>	5:30 - 6:30 6:30 - 7:30	4:00 - 5:00 5:00 - 6:00 6:30 - 7:30	4:00 - 5:00 5:00 - 6:00 7:30 - 8:30	4:00 - 5:00 5:00 - 6:00 7:00 - 8:30	3:00 - 4:00 4:30 - 5:30 6:00 - 7:00 7:00 - 8:00	4:00 - 5:00 6:00 - 7:00	9:00 - 10:00 10:00 - 11:00 11:00 - 12:00 12:00 - 1:00 1:30 - 2:30
	Gymnastics 270° & 360° (Badges 3 & 4) 6yrs+, 1hr <i>no experience required</i>	4:30 - 5:30 5:30 - 6:30 7:30 - 8:30	5:30 - 6:30 6:30 - 7:30	4:00 - 5:00 6:30 - 7:30	6:00 - 7:00 7:00 - 8:00	4:00 - 5:00 5:00 - 6:00 7:00 - 8:00	9:00 - 10:00 10:00 - 11:00 12:00 - 1:00 12:30 - 1:30	
	Gymnastics (Badges 1-4) 6yrs+, 1hr <i>no experience required</i>				1:00 - 2:00 2:00 - 3:00			
	Gymnastics (Badges 1-4) 9yrs+, 1hr <i>no experience required</i>	7:30 - 8:30	7:30 - 8:30					
	Gymnastics (Badges 1-4) BOYS ONLY 8yrs+			6:00 - 7:00				
	CanGYM (Badges 5+) All Apparatus 7yrs+, 1.5hr <i>MUST have Badge 4</i>	4:00 - 5:30	4:00 - 5:30	5:30 - 7:00	3:00 - 4:30 6:00 - 7:30	5:00 - 6:30 6:30 - 8:00	9:00 - 10:30 10:30 - 12:00 11:00 - 12:30	
CanGYM (Badges 7+) 8yrs+, 1.5hr <i>MUST have Badge 6</i>	7:00 - 8:30		7:00 - 8:30					
CanJUMP Trampoline & Tumbling 8yrs+, 1.5hr <i>MUST have Badge 4</i>	5:30 - 7:00	6:00 - 7:30		4:30 - 6:00	4:30 - 6:00	9:30 - 11:00 11:00 - 12:30 12:30 - 2:00		
CanJUMP Adv. 8yrs+, 1.5hr <i>MUST have Level 444</i>			7:00 - 8:30					
Teen & Adult Programs	Teen CanGYM 12yrs+, 1.5hr <i>no experience required</i>		7:30 - 9:00					
	Teen CanJUMP Trampoline & Tumbling 12yrs+, 1.5hr <i>no experience required</i>				8:00 - 9:30			
	Adult GymFIT All Apparatus 12yrs+, 1.5hr <i>no experience required</i>				7:30 - 9:00			



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

Alberta Gymnastics Federation (AGF) \$55 Membership fee is valid July 1, 2019- June 30, 2020

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