



Winter Classes 2020



1.0 hr classes = \$195 + GST & SF

1.5 hr classes = \$263 + GST & SF

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

	Class	Monday (Jan.6-Mar.16)	Tuesday (Jan.7-Mar.10)	Wednesday (Jan.8-Mar.11)	Thursday (Jan.9-Mar.12)	Friday (Jan.10-Mar.13)	Saturday (Jan.11-Mar.14)	
	Supers Programs (2-5 years)	Supers & Sidekicks PARENTED 2-3yrs; 1hr	10:00 - 11:00		10:00 - 11:00	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	10:00 - 11:00 11:00 - 12:00 2:30 - 3:30 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	
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 2:00 - 3:00 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 2:30 - 3:30 5:00 - 6:00 7:00 - 8:00	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	1:00 - 2:30 6:00 - 7:30	1:00 - 2:30	
Gymnastics Beginner-Advanced Programs		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	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	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 1:30 - 2:30
		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) <i>BOYS ONLY</i> 6yrs+; 1hr			6:00 - 7:00			
		CanGYM (Badges 5+) All Apparatus 7yrs+; 1.5hr <i>MUST have Badge 4</i>	5:30 - 7:00	4:00 - 5:30	5:30 - 7:00	3:00 - 4:30 6:00 - 7:30	5:00 - 6:30 6:30 - 8:00	9:30 - 11:00 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>	4:00 - 5:30	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. 9yrs+; 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 18yrs+; 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.