

# 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                          |
|---------------------------------------|-------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----------------------------------|------------------------------------|------------------------------------|------------------------------------|-----------------------------------|
|                                       | Session 1 (Sept/Oct)<br>Session 2 (Nov/Dec)<br>Session 3 (Jan/Feb)<br>Session 4 (Mar/Apr)<br>Session 5 (May/June) | Sept 8 - Oct 27<br>Nov 3 - Dec 15                      | Sept 9 - Oct 28<br>Nov 4 - Dec 16 | Sept 10 - Oct 29<br>Nov 5 - Dec 17 | Sept 11 - Oct 30<br>Nov 6 - Dec 18 | Sept 12 - Oct 24<br>Nov 7 - Dec 19 | Sept 6 - Oct 25<br>Nov 1 - Dec 20 |
| Supers Programs (2-5 years)           | <b>Supers &amp; Sidekicks</b>                                                                                     | 10:00 - 10:50                                          |                                   | 10:00 - 10:50                      | 10:00 - 10:50                      |                                    | 9:30 - 10:20                      |
|                                       | PARENTED<br>2-3yrs                                                                                                |                                                        |                                   |                                    |                                    |                                    | 10:30 - 11:20                     |
|                                       | <b>SuperTOTS</b>                                                                                                  | 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                        |                                    |                                    |                                   |
|                                       | <b>SuperKIDS</b>                                                                                                  | 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                     |
|                                       |                                                                                                                   |                                                        |                                   | 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                       |
| Gymnastics Beginner-Advanced Programs | <b>SuperHEROES Advanced</b>                                                                                       |                                                        | 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                        |                                    |                                   |
|                                       | <b>Gymnastics Badges 1 &amp; 2</b>                                                                                | 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 - 6:05                        | 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                       |
|                                       | <b>Gymnastics Badges 3 &amp; 4</b>                                                                                | 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                       |
|                                       | <b>Boys ONLY (Badges 1-4)</b>                                                                                     |                                                        |                                   | 5:15 - 6:05                        |                                    |                                    |                                   |
|                                       | 6yrs+                                                                                                             |                                                        |                                   |                                    |                                    |                                    |                                   |
|                                       | no experience required                                                                                            |                                                        |                                   |                                    |                                    |                                    |                                   |
|                                       | <b>Gymnastics (Badges 1-4)</b>                                                                                    | 7:15 - 8:05                                            | 7:15 - 8:05                       |                                    | 7:30 - 8:20                        | 6:45 - 7:35                        | 2:45 - 3:35                       |
|                                       | 9yrs+                                                                                                             |                                                        |                                   |                                    |                                    |                                    |                                   |
|                                       | no experience required                                                                                            |                                                        |                                   |                                    |                                    |                                    |                                   |
|                                       | <b>HomeSchool Classes</b>                                                                                         |                                                        | 1:00 - 2:20                       |                                    |                                    |                                    |                                   |
|                                       | 6yrs+                                                                                                             |                                                        |                                   |                                    | 1:00 - 1:50                        |                                    |                                   |
|                                       | no experience required                                                                                            |                                                        |                                   |                                    | 2:00 - 2:50                        |                                    |                                   |
|                                       | <b>CanGYM (Badges 5+)</b>                                                                                         | 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                                                                                                 |                                                        |                                   |                                    |                                    |                                    |                                   |
|                                       | <b>CanGYM Adv (Badges 7+)</b>                                                                                     | 7:00 - 8:20                                            |                                   |                                    | 7:00 - 8:20                        |                                    |                                   |
|                                       | 8yrs+                                                                                                             |                                                        |                                   |                                    |                                    |                                    |                                   |
|                                       | MUST have Badge 6                                                                                                 |                                                        |                                   |                                    |                                    |                                    |                                   |
|                                       | <b>CanJUMP (8yrs+)</b>                                                                                            | 7:00 - 8:20                                            | 6:45 - 8:05                       | 5:15 - 6:35                        | 7:00 - 8:20                        | 5:15 - 6:35                        |                                   |
|                                       | Trampoline & Tumbling                                                                                             |                                                        |                                   |                                    |                                    |                                    | 11:00 - 12:20                     |
|                                       | MUST have Badge 4                                                                                                 |                                                        |                                   |                                    |                                    |                                    |                                   |
|                                       | <b>CanJUMP Adv.</b>                                                                                               |                                                        |                                   | 7:15 - 8:35                        |                                    |                                    |                                   |
|                                       | 8yrs+                                                                                                             |                                                        |                                   |                                    |                                    |                                    |                                   |
|                                       | MUST have Level 555                                                                                               |                                                        |                                   |                                    |                                    |                                    |                                   |
| NEW!!                                 | <b>Action Acrobatics</b>                                                                                          |                                                        |                                   |                                    |                                    |                                    |                                   |
|                                       | 8yrs+; 12yrs+; 16yrs+                                                                                             |                                                        |                                   | SCHEDULE TBD                       |                                    |                                    |                                   |
|                                       | no experience required                                                                                            |                                                        |                                   |                                    |                                    |                                    |                                   |
| Gymnaestrada TEAM                     | <b>Gymnaestrada TEAM</b>                                                                                          |                                                        |                                   |                                    |                                    |                                    |                                   |
|                                       | 9yrs+                                                                                                             | CONTACT phoenixcoach.ab@gmail.com for more information |                                   |                                    |                                    |                                    | 11:00 - 12:30                     |
|                                       | MUST have Badge 4                                                                                                 |                                                        |                                   |                                    |                                    |                                    | (Sept-June)                       |
| GymFIT Programs                       | <b>Teen GymFIT</b>                                                                                                |                                                        | 7:30 - 8:50                       |                                    |                                    |                                    |                                   |
|                                       | 12yrs+                                                                                                            |                                                        |                                   |                                    |                                    |                                    |                                   |
|                                       | no experience required                                                                                            |                                                        |                                   |                                    |                                    |                                    |                                   |
|                                       | <b>Adult GymFIT</b>                                                                                               |                                                        | 7:30 - 8:50                       |                                    |                                    |                                    |                                   |
|                                       | All Apparatus<br>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](http://www.phoenixgym.ca) OR CONTACT US AT (780) 438-0586.**