

Recreation Schedule 2022/2023

50 minute classes = \$190 + GST & SF/Session

80 minute classes = \$254 + 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)	Sept 12 - Oct 24*	Sept 6 - Oct 25	Sept 7 - Oct 26	Sept 8 - Oct 27	Sept 9 - Oct 28	Sept 10 - Oct 29
	Session 2 (Nov/Dec)	Nov 7 - Dec 19	Nov 1 - Dec 20	Nov 2 - Dec 21	Nov 3 - Dec 22	Nov 4 - Dec 23	Nov 5 - Dec 17
	Session 3 (Jan/Feb)	Jan 9 - Feb 27	Jan 10 - Feb 21	Jan 11 - Feb 22	Jan 12 - Feb 23	Jan 13 - Feb 24	Jan 14 - Feb 25
	Session 4 (Mar/Apr)	Mar 6 - Apr 24	Feb 28 - Apr 25	Mar 1 - Apr 26	Mar 2 - Apr 27	Mar 3 - Apr 28	Mar 4 - Apr 29
	Session 5 (May/June)	May 1 - June 26	May 2 - June 20	May 3 - June 21	May 4 - June 22	May 5 - June 23	May 6 - June 24
Supers Programs (2-5 years)	Supers & Sidekicks	10:00 - 10:50		10:00 - 10:50	10:00 - 10:50		9:30 - 10:20
	PARENTED						10:30 - 11:20
	2-3yrs						
	SuperTOTS		10:00 - 10:50	10:00 - 10:50	1:00 - 1:50	10:00 - 10:50	9:15 - 10:05
	SEMI-PARENTED*	11:00 - 11:50	11:00 - 11:50	11:00 - 11:50	2:00 - 2:50	11:00 - 11:50	10:15 - 11:05
	3-4yrs		1:00 - 1:50	1:00 - 1:50		6:15 - 7:05	11:15 - 12:05
	*caregiver should remain onsite			2:00 - 2:50			
	SuperKIDS	10:00 - 10:50	10:00 - 10:50	11:00 - 11:50	11:00 - 11:50	10:00 - 10:50	8:30 - 9:20
	UNPARENTED	11:00 - 11:50	11:00 - 11:50	1:00 - 1:50	1:00 - 1:50	11:00 - 11:50	9:15 - 10:05
	4-5yrs	1:30 - 2:20	5:15 - 6:05	2:00 - 2:50	2:00 - 2:50	1:30 - 2:20	10:15 - 11:05
<i>no experience required</i>			6:00 - 6:50	4:30 - 5:20	4:15 - 5:05	11:15 - 12:05	
				6:30 - 7:20	6:45 - 7:35	12:45 - 1:35	
						1:45 - 2:35	
SuperHEROES		1:00 - 2:20		9:30 - 10:50	1:00 - 2:20	12:00 - 1:20	
5-7yrs				5:30 - 6:50			
Advanced							
Gymnastics Beginner-Advanced Programs	Gymnastics Badges 1 & 2	5:15 - 6:05	4:15 - 5:05	4:00 - 4:50	3:00 - 3:50	4:15 - 5:05	8:30 - 9:20
	6yrs+	6:15 - 7:05		6:00 - 6:50	4:30 - 5:20		9:00 - 9:50
	<i>no experience required</i>			6:30 - 7:20	6:00 - 6:50		10:00 - 10:50
							11:00 - 11:50
							12:45 - 1:35
							1:45 - 2:35
							2:45 - 3:35
	Gymnastics Badges 3 & 4	4:15 - 5:05	4:15 - 5:05	4:00 - 4:50	3:00 - 3:50	4:15 - 5:05	9:00 - 10:00
	6yrs+	6:00 - 6:50	6:15 - 7:05	5:00 - 5:50	5:30 - 6:20	5:15 - 6:05	10:00 - 11:00
	<i>MUST have Badge 2</i>			7:30 - 8:20			12:45 - 1:35
							1:45 - 2:35
	Boys ONLY (Badges 1-4)			5:00 - 5:50			
	6yrs+						
	<i>no experience required</i>						
	Gymnastics (Badges 1-4)	7:15 - 8:05	7:15 - 8:05		7:30 - 8:20	6:45 - 7:35	2:45 - 3:35
9yrs+							
<i>no experience required</i>							
HomeSchool Classes		1:00 - 2:20		11:00 - 12:20			
6yrs+				1:00 - 1:50			
<i>no experience required</i>				2:00 - 2:50			
CanGYM (Badges 5+)	5:30 - 6:50	5:15 - 6:35	4:30 - 5:50	3:00 - 4:20	5:15 - 6:35	11:00 - 12:20	
All Apparatus				7:00 - 8:20			
7yrs+, 1.5hr							
<i>MUST have Badge 4</i>							
CanGYM Adv (Badges 7+)	7:00 - 8:20		7:00 - 8:20				
8yrs+							
<i>MUST have Badge 6</i>							
CanJUMP	7:00 - 8:20	6:45 - 8:05		7:00 - 8:20	5:15 - 6:35	9:30 - 10:50	
Trampoline & Tumbling						11:00 - 12:20	
8yrs+							
<i>MUST have Badge 4</i>							
CanJUMP Adv.			7:00 - 8:20				
8yrs+							
<i>MUST have Level 555</i>							
GymFIT Programs	Teen GymFIT		7:30 - 8:50				
	12yrs+						
	<i>no experience required</i>						
	Adult GymFIT		7:30 - 8:50				
All Apparatus							
18yrs+							
<i>no experience required</i>							

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

Alberta Gymnastics Federation (AGF) \$59 Participant Membership fee is valid July 1, 2022 - June 30, 2023

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