

Recreation Schedule 2023/2024

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
Supers Programs (2-5 years)	Session 1 (Sept/Oct)	Sept 11 - Oct 30	Sept 5 - Oct 24	Sept 6 - Oct 25	Sept 7 - Oct 26	Sept 8 - Oct 27	Sept 9 - Oct 28
	Session 2 (Nov/Dec)	Nov 6 - Dec 18	Nov 7 - Dec 19	Nov 1 - Dec 20	Nov 2 - Dec 21	Nov 3 - Dec 22	Nov 4 - Dec 16
	Session 3 (Jan/Feb)	Jan 8 - Feb 26	Jan 9 - Feb 27	Jan 10 - Feb 28	Jan 11 - Feb 29	Jan 12 - Feb 23	Jan 6 - Feb 24
	Session 4 (Mar/Apr)	Mar 4 - Apr 29	Mar 5 - Apr 30	Mar 6 - Apr 24	Mar 7 - Apr 25	Mar 1 - Apr 26	Mar 2 - Apr 27
	Session 5 (May/June)	May 6 - June 26	May 7 - June 18	May 1 - June 19	May 2 - June 20	May 3 - June 21	May 4 - June 24
	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	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			1:00 - 1:50	2:00 - 2:50	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		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
							9:30 - 10:20
4-5yrs	1:30 - 2:20	5:15 - 6:05	2:00 - 2:50	2:00 - 2:50	1:00 - 1:50	10:15 - 11:05	
no experience required	4:15 - 5:05		5:45 - 6:35	4:30 - 5:20	4:15 - 5:05	11:15 - 12:05	
	6:15 - 7:05			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	11:30 - 12:50	
5-7yrs		4:30 - 5:50					
Advanced							
Gymnastics Beginner-Advanced Programs	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		6:15 - 6:05	4:30 - 5:20		10:00 - 10:50
	no experience required				5:00 - 5:50		10:30 - 11:20
					6:00 - 6:50		12:45 - 1:35
							1:45 - 2:35
							2:45 - 3:35
	Gymnastics Badges 3 & 4	4:15 - 5:05	4:15 - 5:05	4:15 - 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
	MUST have Badge 2			7:15 - 8:05	5:30 - 6:20		12:45 - 1:35
							1:45 - 2:35
	Boys ONLY (Badges 1-4)			5:15 - 6:05			
	6yrs+						
	no experience required						
	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+							
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			6:45 - 8:05	5:30 - 6:50			
7yrs+							
MUST have Badge 4							
CanGYM Adv (Badges 7+)	7:00 - 8:20			7:00 - 8:20			
8yrs+							
MUST have Badge 6							
CanJUMP	7:00 - 8:20	6:45 - 8:05		7:00 - 8:20	5:15 - 6:35		
Trampoline & Tumbling						11:00 - 12:20	
8yrs+							
MUST have Badge 4							
CanJUMP Adv.			7:15 - 8:35				
8yrs+							
MUST have Level 555							
GymFIT Programs	NEW!! Action Acrobatics		6:00 - 7:20 (8yrs+)		6:00 - 7:20 (16yrs+)		
	8yrs+; 12yrs+; 16yrs+		7:30 - 8:50 (12yrs+)				
	no experience required						
	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) \$59 Participant Membership fee is valid July 1, 2023 - June 30, 2024

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